50 **TIPS FOR A GREENER, CLEANER HOME** | **GUILTY PLEASURES THAT ARE *GOOD* FOR YOU** | **THE SECRET TO SMARTER DECISIONS**

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whole life Action Plan

Last month our 28-day Whole Body Action Plan set the pace for a healthier new year. Build on your success—or start fresh—with five simple (but powerful!) goals.

To track your progress, join our growing online community at **wholeliving.com/community**.

1 Boost your breakfast

During the 28-day Action Plan, you infused your diet with fruits and vegetables. But you may still be carb loading for the most important meal of the day. Bagels, cereal, and other go-to morning foods can lead to weight gain and low energy, not only because of their excesses (low-quality carbs and calories) but because of what they're missing. Protein keeps your blood-sugar levels steady, reducing cravings all day, and can even kick up your metabolism a notch.

Breakfasts with protein power:

+ Whole-grain toast with 2 tablespoons of almond butter and some grapefruit
+ Organic yogurt with ½ cup berries and ¼ cup nuts
+ Smoothie with ½ banana, 1 cup berries, 1 to 2 tablespoons whey protein powder, and 8 ounces almond milk
+ One or two poached eggs and a sweet potato
+ Miso soup with ½ cup brown rice and ½ cup tofu cubes

2 Push past the plateau

Last month we started a basic strength-training regimen. To build more muscle, up the ante. Add two or three pounds to your weight-lifting routine, and go from two weekly sessions to three.

3 Shift your attention

Rather than be consumed by negative stuff (angry boss, spilled coffee, lousy commute), take a moment each day this month to think of good things in your life: a finished project, a fun conversation, a delicious meal with friends, or even just a good night's sleep. By tuning in to happy events (or the upside of anything), you crowd out bad news, generate positive emotions, and bust stress hormones.

4 Eat off the good plates

Sitting down to a beautiful meal makes you more likely to savor it—and that means healthier portions. So break out the good china, nice glasses, cloth napkins, a bud vase, and some music, and make your meal an event.

5 Toss it

Is your lip gloss older than your toddler? Expired makeup can be a breeding ground for bacteria. Spring-clean your cabinet and throw out old cosmetics.

photographs by Raymond Hom

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COVER PHOTOGRAPH BY
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photograph by Johnny Miller, prop styling by Hilary Robertson

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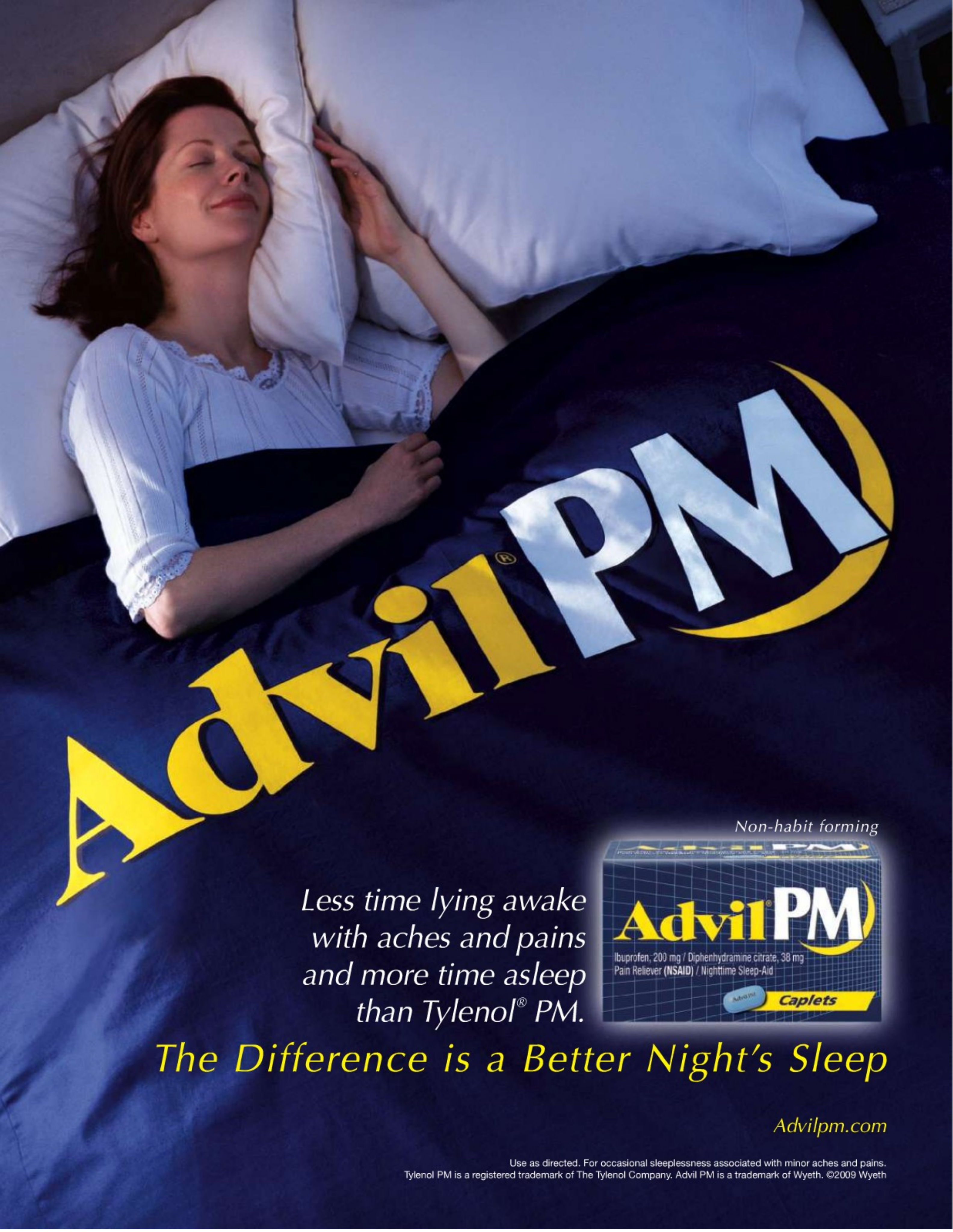

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On the Web

WHAT'S NEW AT WHOLELIVING.COM

SIX VEGGIES TO PLANT NOW

Planning a bountiful harvest in your garden this year? Read up on the **SIX PRODUCE STAPLES** you should start growing now for best results in the coming months. **TOMATO AND PEPPER SEEDS,** for instance, should be planted indoors and out of the cold, while **SPINACH LOVES CHILLY WEATHER** and should be planted in early spring. You'll get tips on how to care for and harvest your crops, plus **DELICIOUS, SEASONAL RECIPES** that will showcase their homegrown flavor. Find all this—and more—at **wholeliving .com/spring-veggie-garden.**

A Cure for Exhaustion

Winter break is already a distant memory, and Memorial Day is still months away—if you're feeling a bit burned out, it's no wonder. Discover 10 surprising ways chronic stress and fatigue could be draining your energy, and learn how to get it back, by visiting **wholeliving.com/ exhaustion-cure.**

Allergy-Prevention Plan

This year, fight off sinus symptoms early with proactive steps, like popping a twice-daily supplement and eating anti-inflammatory foods. Plus: Never used a neti pot? Watch a demonstration at **wholeliving.com/ fight-allergies.**

photographs clockwise from top left: Gentl & Hyers, Chris Fanning, Johnny Miller

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Editor's Letter

RAY OF LIGHT

>CRUNCH TIME You won't see these delicious Spiced Nuts and Seeds from our cover inside the issue because, frankly, we ran out of space! But they were so good, you should all have the recipe.

Mix 3 cups whole nuts with ¼ cup each flaxseeds, quinoa, and sunflower seeds. In separate bowl, whisk 2 egg whites with 2 tablespoons honey, 1½ teaspoons coarse salt, and ¼ teaspoon each cayenne, cumin, and cinnamon. Toss with nut mix. Spread in single layer on a baking sheet; bake at 325°F until dry, stirring occasionally, about 30 minutes. Scrape from pan while cooling, to avoid sticking. Serves 16 (178 calories each).

B+S ONLINE For more healthy snack recipes, see "Power Snacks" (p.94) or go to **wholeliving.com/power-snacks.**

There is little more wearying than springtime just out of grasp. Last March, I felt numb: chilled to the marrow from our tediously long winter, wobbly in the face of a new economic order (which seemed to predict only further unpredictability), and blindsided by a death in the family. Short of popping a pill—which I'd happily have done if I could've dragged myself to a doctor—I was craving some kind of stimulus package, as our hopeful new president had just proposed for the country: a personal bailout of sunshine, motivation, and the world's most blood-pumping exercise class.

Of course, any smart person will tell you that feeling good has no quick fix; just wishing yourself happy is magical thinking of the highest order, like clicking your heels and waiting to get swept away from Oz. But one year later, we're waiting on yet another spring, the economic climate still has one foot in the doldrums, and I don't think I'm the only one feeling sick and tired of feeling sick and tired. So I wondered if there might be a way to jolt the body and mind back to life, to dose them with energy and optimism to begin the challenging work of self-restoration.

And so we unleashed a bunch of writers on the topic ("This Way Up," p. 65), and indeed, there are a few things you can do to flip a switch in your brain. Listening to baroque music boosts mood, as does forcing yourself outside (ah, sunlight!) for a brisk nature walk. And seeking novelty in everything you do—travel, food, sex—is a neurochemically potent trigger that just might leave you feeling fortified.

Once you get your mojo back, there's so much you can do! Make this the season you finally go eco-friendly ("50 Tips for a Greener, Cleaner Home," p. 78). Make a pilgrimage to a soulful place ("Lost in Spain," p. 72). Finally touch your toes again ("Project Touch Toes," p. 40). As the pundits cautiously discuss America's economic recovery, I've heard them refer to the "green shoots" on the landscape—indicators that things are looking up. I love that. With a boost, this year may bring our most dazzling blooms yet.

Alex

ALEXANDRA POSTMAN
Editor-in-Chief

photographs from top to bottom by John Dolan, wardrobe styling by Sabine Feuilloley, hair and makeup by Sarah Johnson, cardigan and cuff by Tory Burch, top by Herion; Raymond Hom, food styling by Sarah Carey

OLAY® PROFESSIONAL

The Olay Professional Alliance for Skin Care Innovation Consensus Statement on Olay Professional Pro-X

Introduction:

Olay Professional Pro-X is a skin care line launched by Procter & Gamble in January of 2009. A panel of distinguished dermatologists joined by senior P&G scientists formed an alliance to bring a high level of product performance to women via the Olay Professional Pro-X proposition.

Consensus Statements:

1. Olay Professional Pro-X is a true professional skin care line that meets the following criteria:

Advanced Science-Driven Innovation: A professional skin care line should start with an advanced scientific understanding of skin. For example, a new gene expression profiling method helped increase understanding of the importance of a healthy stratum corneum to the well-being of the inner skin.

Professionally Designed: A professional skin care line should be designed by a scientific team with a broad expertise across clinical dermatology, skin science, treatment intervention, formulation, and importantly, a comprehensive understanding of the target consumer. Equally important, marketed-product characteristics must be carefully designed to ensure consumers like the product every time they use it in order to achieve compliance.

Professional Regimens and Protocols: The design team should consider the fact that no single product, nor ingredient, can provide the multiple efficacy benefits needed by most individuals. As such, a professional skin care product line is a carefully designed regimen of products containing effective ingredients aimed at appropriate targets identified through sound scientific research.

Professionally Tested: A professional skin care product line must be clinically proven to produce the intended skin benefits. Clinical trial design and execution must be conducted with the highest scientific rigor to meet the study objectives. These trials must be conducted by specialists highly trained in the methods used and ideally by independent research organizations with no vested interest in the study results.

Proven Results: Results from both in vitro studies and controlled clinical trials must substantiate the conclusion that a professional skin care line delivers consumer-noticeable skin benefits as claimed.

Peer-Reviewed Communications: The results from both in vitro studies and controlled clinical trials should be published in peer-reviewed and searchable scientific journals.

2. Olay Professional Pro-X was designed by a team of dermatologists and Olay scientists, the Olay Professional Alliance for Skin Care Innovation. The product line is based on advanced science-driven innovation and has been professionally tested and clinically proven to improve the appearance of aged skin.

3. Daily use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly improves the appearance of fine lines and wrinkles after 8 weeks of use.

Based on results from the facial appearance benefits study, use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly reduces the appearance of facial fine lines and wrinkles around the eyes relative to the baseline. Both expert visual grading analysis and objective computer image analysis of high-resolution digital images of the subjects before and after treatment support this conclusion. Subjects' self assessments via questionnaire before and after treatment confirm the effects are consumer noticeable.

4. Daily use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly improved skin barrier health after 24 weeks of use as measured by the change in transepidermal water loss.

For the full clinical results, visit OlayProfessional.com

We, the Olay Professional Alliance, agree with the above consensus statement:

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Dr. Robert Binder	
Dr. Pearl E. Grimes	
Dr. Greg Hillebrand	
Dr. Joe Kaczvinsky	
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INGREDIENTS:

3 quarts ripe organic strawberries, washed and stemmed
1 (1.75 oz) pkg. powdered pectin
8 cups Florida Crystals® Organic Sugar

In large bowl, crush berries with a fork and measure approximately 5 1/2 cups into a 6-quart pot. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring and return to a full boil. Boil rapidly for 1 minute, stirring constantly. Remove from heat; skim. Stir and skim for 5 minutes to cool slightly and to prevent floating fruit.

Ladle into hot, sterilized, canning jars, leaving 1/4-inch head space. Place lids on jars and tighten screw bands. Place jars on a rack in a pot of simmering water, making sure jars are completely covered by water. Bring to a rolling boil. Boil for 15 minutes; cool. Carefully remove jars from water. Check for proper seal. (If lid pushes down, but springs up, jar is improperly sealed; reprocess immediately.) Store in a cool, dark place. Makes 5 pints.

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Reader to Reader

HOW HAS AN UNEXPECTED FRIENDSHIP CHANGED YOUR LIFE?

FOUND IN TRANSLATION

"At the age of 55, I decided to travel to Italy on my own. I found a language Web site that hooked me up with native Italians who could teach me in exchange for English lessons. Our interactions went from e-mails to online chats and then to video calls via Skype; we've become quite close. I've just returned from my fifth trip to Italy in three years! These friends have changed my life: I spend more time in Italy, and have secured online work and house-sitting jobs so I can earn money and stay for months at a time. What started out as a simple language exchange has led me to a new understanding of myself and the world around me."

+ MARYBETH BETHEL, LAWRENCE, KS

JUST SAY YES

The invite arrived by e-mail on a Wednesday afternoon from my good friend Grace: "Wine and salsa/chips in my backyard. 7 p.m. Stop by if you can." I decided against it but changed my mind an hour later. And that's how I met Anne—a funny and sensitive spirit who reached out to me in a way few friends had. I was 47 at the time, and meeting Anne reminded me that at any moment and at any age, you can come across someone special. It's like magic. Try not to turn down the impromptu invite. You never know how your life might be dazzled.

+ LORI LUTZE, BROOKFIELD, WI

DON'T ACT YOUR AGE

I met my best friend, Tina, at a neighbor's barbecue/volleyball party when I was 29 and she was 55. I am younger than her youngest child; she is older than my parents. Almost 22 years later, she remains my inspiration: full of life and vigor, passionate, and ageless. My husband and her husband became friends, and the four of us go backpacking every autumn. We've had some rigorous adventures together, though Tina and her husband are now in their 70s. Tina just gets me; we're like two schoolgirls when we are together. The only regret I have about our age difference is that if we live "normal" life spans, I'll face my later years without her. She has been a huge blessing in my life.

+ NANCY ENZ LILL, SPOKANE, WA

BODY+SOUL GIVEAWAY

Win a $150 gift of Gaiam products!

One lucky reader will take home a Gaiam fitness gift bag, which includes a metro gym bag, a yoga mat, a recycled yoga block, a set of Trudie Styler DVDs, and more. For a chance to win, send in a response to Talk to Us (opposite). Visit **wholeliving.com/gaiam-products-giveaway** for rules.

MAKE A STRONG CONNECTION

I put out a Craigslist posting looking for caregivers for my mother-in-law, and that's how I found Hanna. Although she had little experience, I felt connected to her immediately and knew she would fit right in. She turned out to be an amazing caregiver—and friend, even after my mother-in-law passed away. The fact that we shared such

photograph by Raymond Hom, prop styling by Megan Hedgpeth

B+S ONLINE See the previous contest winner and share your story at **wholeliving.com/gaiam-products-giveaway.**

an extraordinary journey together makes our relationship quite rich. I never expected that posting an ad on Craigslist would lead me to such a special friendship!

+KIMI CHUN, HONOLULU, HI

SWEET INSPIRATION

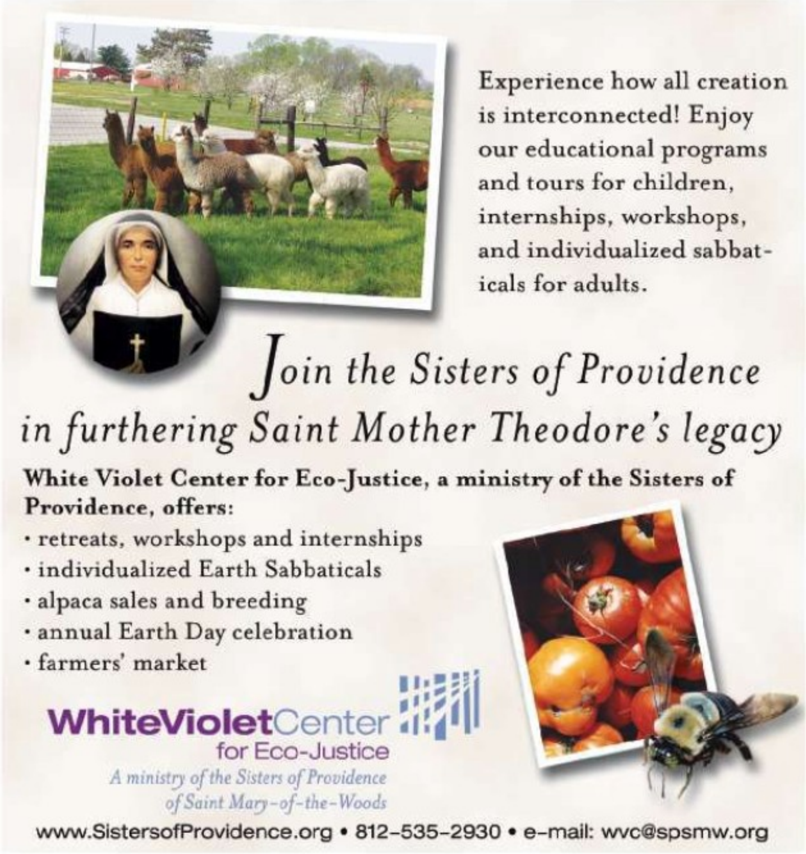
When I remarried, one of the things I was a little bit worried about was how everything was going to work out with my stepchildren. Right after the wedding, my husband's daughter came to live with us and start college. It has been four years since she moved in, and I've found a friend for life. She has taught me how to have a joyful attitude and how to be a real friend and an honest person. How she can have so much wisdom at the age of 22, I'm not sure! I just know that my life has been blessed by knowing her and by being able to watch how she interacts with others. One might think that the stepmom would be the good influence, but in this case, it's my stepdaughter who has given me more than I will ever be able to give in return.

+MICHELLE MCGUIRE, LAWRENCE, KS

talk to us!

What's your favorite healthy-eating tip? Let us in on your smart strategies for eating well, at home and on the town, and yours could be one of the letters featured in our June 2010 issue.

Share your message by mail or e-mail. Please include your name, address, and phone number. We may edit letters for length and clarity. Send your letters to: Mail, **Body+Soul,** 601 West 26th St., 9th floor, New York, NY 10001; or mail@bodyandsoulmag.com. If you have questions about subscriptions or other customer-service issues, visit wholeliving.com/customerservice.



BODY+SOUL CONTEST

Reader Wins Room Makeover!

We asked you to tell us why you need a new eco-friendly bedroom, and winner Jennifer Dubroski of Clark, New Jersey, *really* needed one. Jennifer, a teacher who lives with her husband, John Passuth, and their two kids, Reese, 3, and Christopher, 1, described her room as "dark and dreary" and a total "clutterfest." She had zero storage and no real aesthetic to speak of (unless you call "tan" a design strategy).

Enter designer Dawn Sinkowski. While Jen's huge California king bed and tired floral wallpaper posed some challenges, Dawn was able to brighten and modernize the space with no-VOC (volatile organic compounds) paint and a few other green additions, plus much-needed storage elements. But this didn't mean tossing everything. "Part of sustainable design is making use of what you have," Dawn says.

In the end, the room was dramatically updated but still seemed, Jennifer says, very much like home. "The room feels uncluttered and peaceful," she says. "Like it's really ours."

▲ **FRESH PERSPECTIVE**

Brighter, cleaner neutrals with a pop of mustard give the room style and a sense of space. The surprise addition: a sustainable-wood media console outfitted with baskets for foot-of-bed storage. Gaiam Organic CleanDown standard-weight **comforter,** $369, and wool **pillows,** $68 each; Jen Bekman Gallery **print, "Inloveness Revisited" by Jeff Lewis,** $200; Fluf Bloom **pillow,** $88; Humble Lattice **pillow** in stone, $64; PureDKNY Pure Comfort **sheets and pillowcases** in cloud (flat, $70; fitted, $70; cases, $60 each) and **blanket** in thunder, $170; Area organic cotton **duvet cover,** $355, and **shams,** $70 each; Vers 1.5R **radio/alarm clock for iPod** in natural walnut, $199; CB2 Logan **console,** $399; West Elm braided **storage baskets,** $29 each, and **magazine basket,** $49; Martha Stewart Floor Designs with FLOR Short Shag **carpet tiles** in bisque, $17 each.

◀ **PERSONAL TOUCHES**

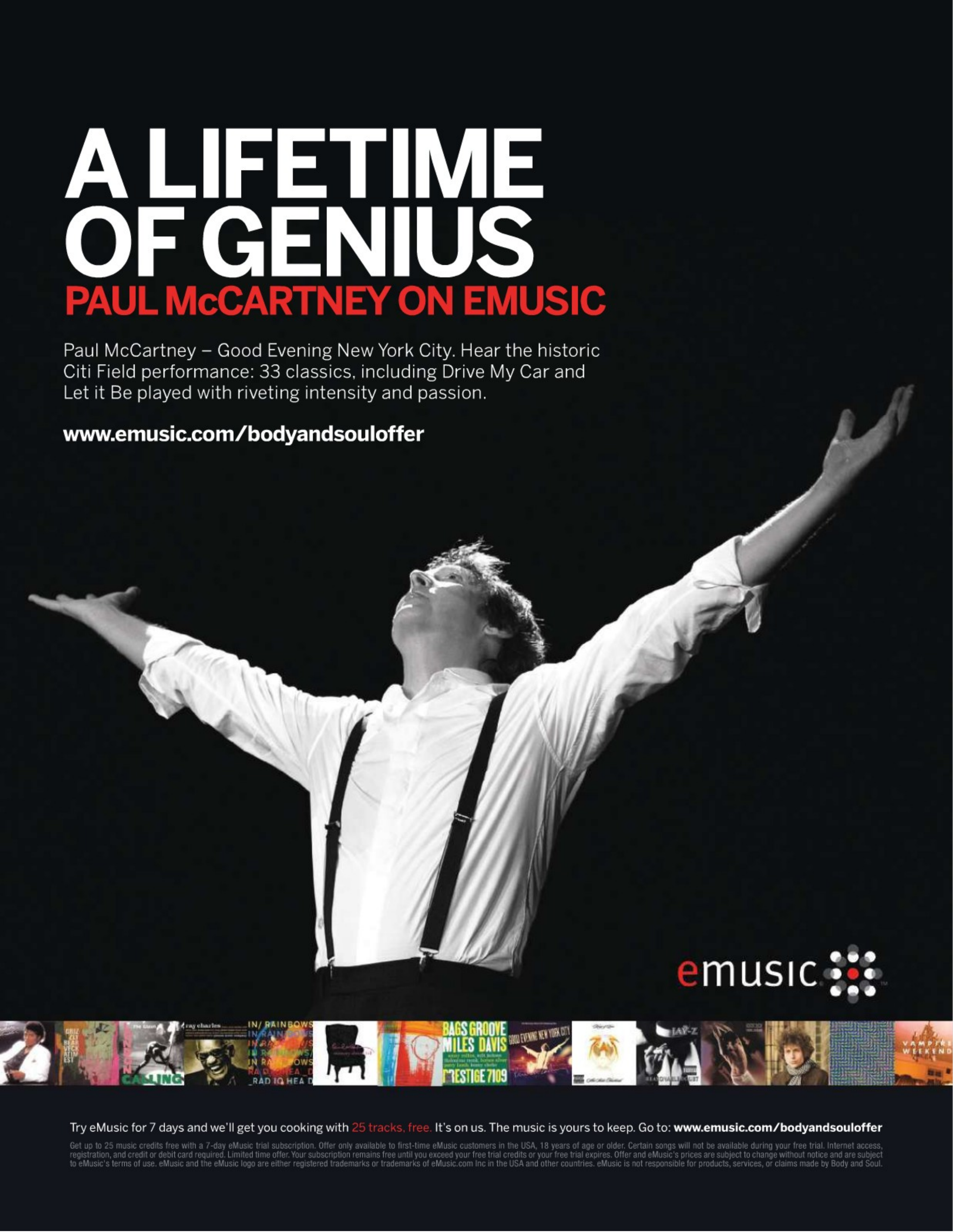
Grouping items by color and style makes them seem more like a collection than clutter. Benjamin Moore Natura **paint** (no VOC), $50; Chloe **vessel** (far right), $76.

▲ **BLENDING OLD AND NEW**

Jen's jewelry finds a home in sustainable Kiri **jewelry boxes** from VivaTerra, $139 each, which match a favorite lamp outfitted with a new **shade** (similar style available at Gracious Home, $25).

See p. 111 for buying guide.

photographs clockwise from top right: Raymond Hom (3), prop styling by Dawn Sinkowski; Dawn Sinkowski; courtesy of Dubroski-Passuth family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QUICK TIPS + FRESH IDEAS FOR LIVING A BALANCED, HEALTHY LIFE

Whole Living

photo of shirt by Raymond Hom, styling by Megan Hedgpeth; photo of Seberg by Hulton Archive/Stringer/Getty Images

ADVANCED FRENCH

Cropped pants, a loosely knotted scarf—when it comes to effortless style, nobody outdoes the Parisians. That's why we've been *Breathless*-ly awaiting Petit Bateau's LABO collection, a new line of iconic pieces with updated tweaks, like this red version of the classic *marinière* ($87; petit-bateau.com), à la Jean Seberg. It's practically guaranteed to become one of your wardrobe staples. And did we mention that it's 100 percent organic cotton? Très chic.—Sarah Engler

HERBAL REMEDIES

Flavored water gets fresh >>

FOOD

AYALA LAUFER-CAHANA

former pediatrician + creator of Ayala's Herbal Water

>> In the sea of rainbow-colored bottled waters that claim to boost our mood, enhance our intelligence, or grant us superpowers, there's a modest but delicious zero-calorie newcomer. Ayala's Herbal Water ($24 for 12 bottles; herbalwater.com) is made with culinary herbs and comes in six natural-flavor combinations, like Lavender Mint or Cloves Cardamom Cinnamon. Ayala Laufer-Cahana, a mom of three and a former pediatrician, created the water in 2007 after spending years making herbal concoctions for her friends and family from plants in her own backyard. "I'd been adding herbs to water for as long as I can remember—probably since I started cooking. Herbs give the drink a slight nutritional kick and add flavor without calories," she says. Her store-bought versions contain nothing but water that comes from an artesian well in Virginia (and undergoes a triple-purification process) and herbs from organic growers; Laufer-Cahana talks about creating flavors with the gravity of a winemaker. "It took tons of experimentation to get the right level of sophistication, complexity, and balance in each flavor profile," she says. And like wine, each water has its own mood. (Try Lemon Verbena Geranium with desserts or Ginger Lemon Peel after a run.) But don't ask Laufer-Cahana for a favorite. "Let's just say that I love all my kids the same," she says. —S.E.

TAG TEAM

Jeans giant Levi's is partnering with Goodwill to help keep clothing out of landfills. Care tags in all Levi's garments now include the instructions "donate to Goodwill when no longer needed and care for the planet."—S.E.

HEALTH

the daily grind

An easy way to add flaxseed to your diet

You know flaxseeds are an ideal (non-fishy) way to get a dose of omega-3s and lower your cholesterol and blood pressure—but how often do you work them into your meals? Try keeping a spice grinder of flaxseeds next to the salt and pepper, and give it a twist when you're seasoning food. (The seeds are especially tasty on cooked vegetables or in oatmeal.) If only all supplements were this simple. —S.E.

photographs from bottom right by Raymond Hom, prop styling by Megan Hedgpeth (2), courtesy of Ayala Laufer-Cahana

Fiber, how do I love thee?
Let me count the ways.

Crunchy clusters, sweet squares, nutty granola—Kashi has lots of ways to make fiber lovable.

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THE ECO-SHOPPER

MAKE THE RIGHT CALL

Breaking down the differences between the latest eco-friendly cell phones.

When you're ready to replace your cell, consider an eco-friendly model (free of the toxic chemicals that can seep into the ground and water when the phone is thrown out). Here, three newbies worth getting all charged up about. —Hillary Geronemus

>> SAMSUNG RECLAIM, SPRINT, $280

+ **Best for:** The tree-hugging techie
+ **Geek Factor:** QWERTY slider keyboard; 2-megapixel camera and camcorder with zoom; text, picture, audio, and instant messaging; GPS; 3G Web browser
+ **Green Cred:** 40 percent of the phone's housing is made from corn-derived bioplastics; 80 percent of the phone and all of the packaging are recyclable; paperless user guide; no PVC, phthalates, or flame retardants
+ **Bonus:** $2 from the purchase of every phone goes to The Nature Conservancy's Adopt an Acre program

>> MOTOROLA W233 RENEW, T-MOBILE, $50

+ **Best for:** The no-frills caller
+ **Geek Factor:** Music player; 2-GB removable memory
+ **Green Cred:** 100 percent recyclable housing; materials printed using vegetable-based inks on recycled paper; limited amounts of lead and mercury; no asbestos, polychlorobiphenyls, or chlorofluorocarbons; postage-paid envelope is included for recycling your old phone
+ **Bonus:** First certified carbon-neutral phone, meaning all CO2 produced during manufacture, distribution, and operation is offset through Carbonfund.org

>> NOKIA E72, AT&T OR T-MOBILE, $469

+ **Best for:** The BlackBerry addict
+ **Geek Factor:** QWERTY keyboard, 5-megapixel camera with flash, Web browser, built-in GPS, instant messaging, e-mail, music player, voice recorder, and radio
+ **Green Cred:** Phone is up to 80 percent recyclable, free of substances including PVC, brominated and chlorinated compounds, antimony trioxide, asbestos, mercury, and lead; packaging is 100 percent recyclable
+ **Bonus:** Built-in GPS offers pedestrian navigation

GOOD VIBRATIONS

Perhaps your rattling washing machine is worth something after all. Researchers at the University of Bristol are hoping to capture energy from vibrating household appliances and use it as a clean source within five years. –S.E.

RESKILLING

shine on

You know those silver pieces from your grandmother? Ten bucks says they're shoved in a drawer because using them would mean polishing them, and who wants to spend hours huffing chemicals? Good news: You don't have to.

Six steps to nontoxic silver polishing:

1. Wash your silver in mild, soapy water to remove any dirt.
2. Place a sheet of aluminum foil at the bottom of a large pot, and put the silver pieces on top of it.
3. In a separate pot, mix a quart of boiling water with ¼ cup baking soda and 2 tablespoons salt. Double or triple the recipe to cover larger pieces.
4. Pour the solution into the pot with the silver, cover, and leave for five minutes. (Note: This creates a slight sulfur smell, so you may want to open a window.)
5. Remove the silver from the pot, rinse, and then dry it with a soft cotton towel.
6. If you still have stubborn spots, apply plant-derived silver polish with a damp cotton flannel cloth, or for ornate designs, a cuticle stick wrapped in cotton. (We like Earth Friendly Products silver polish, $6 for 8 ounces; ecos.com.) —S.E.

photographs clockwise from top right: Christopher Baker; Raymond Hom (3)

HAVE YOU HEARD ABOUT THE PLOT TO SAVE THE EARTH?

TO THINK BIG, SOMETIMES YOU HAVE TO START SMALL.

It's happening – one step at a time, as we speak. A handful of farms in Idaho are turning ordinary wheat fields into something of a movement.

The plot starts here.

It's an innovative form of sustainable farming that's making Mother Nature proud. The crop is Eco-Grain™ wheat. And now it's being grown for EarthGrains® bread.

You see, most farmers spread a fixed amount of fertilizer across their fields, and the excess can end up in groundwater – right where it doesn't belong. Eco-Grain™ farmers use satellite imaging to apply precisely the right amount of fertilizer to the soil every time. Watch the expression on an Eco-Grain™ farmer's face when he's looking over his field; you can tell he just knows he's doing something good.

SOUNDS SUSPICIOUSLY LIKE AN UNDERGROUND MOVEMENT.

Our plot to save the earth is small-scale right now – with just a few farms growing Eco-Grain™ wheat. Thank goodness EarthGrains® bread is helping out by baking flour made from Eco-Grain™ wheat into each loaf of our line of 100% Natural 24 oz. whole-grain breads.

Today, 20% of the flour in each delicious loaf comes from Eco-Grain™ wheat, but that percentage will increase as we encourage more farmers to farm this way.

WHAT IF THE ECO-GRAIN™ MOVEMENT REALLY CATCHES ON?

We're pretty sure that once you try EarthGrains® 100% Natural 24 oz. breads, you'll tell all your friends about them. Actually, we're sort of counting on it – otherwise, our whole sustainable plot idea goes kablooey. With your support, these new sustainable farming practices could expand beyond Idaho. They might even help change the way America farms.

The plot thickens.

HELPING TO PRESERVE THE EARTH, ONE FIELD AT A TIME.

So, next time you're in the bread aisle, remember that EarthGrains® bread is the first and only bread that's part of a movement that you might want to be a part of. It's simple to join – all you have to do is buy a loaf. There are no secret handshakes and you can keep your real name. Maybe it's not really a plot after all, but just something nice to do for the earth – and for yourself.

Try EarthGrains® and join the Eco-Grain™ movement at **earthgrains.com**

EARTHGRAINS® BREAD. NOW WITH ECO-GRAIN™ WHEAT.

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BIG IDEA

>> *Check out her new book,* The Art of Choosing

SHEENA IYENGAR

DECISION-MAKING GURU

In a world where infinite choices represent infinite possibilities, wouldn't more be better? Not necessarily, says Columbia Business School professor Sheena Iyengar, who, as a social psychologist and researcher, has devoted her career to studying the science of decision-making. While the last decade has seen an outpouring of books on the psychology and business of choice (many of which cite Iyengar's work, including Malcolm Gladwell's *Blink*), few can get as close to the topic as Iyengar, whose riveting research and insight comprise her new book, *The Art of Choosing*. Here, she tells us why we're experiencing option paralysis in the cereal aisle, and how to break free of it.

When did you first have an inkling that choice has limits?

I was a young doctoral student in Palo Alto, California, studying the effect choice had on a group of 3-year-olds. Half the children were permitted to play with any of the toys in the room, while the other half were told what they could play with. I of course assumed that the kids with the most freedom to choose would have more fun, right? Wrong. I observed the exact opposite. The assigned group played happily; the free-choice group was disengaged and listless.

What did you make of that?

I thought I'd made a mistake, so I repeated the experiment, this time adding more innovative toys. It didn't matter. Turns out, it's the *number* of options, not just the options themselves, that matter. Luckily, Princeton professor George Miller had done much of the legwork in that area of research. He found that most of us can handle only about five to nine items at a time before choosing becomes exponentially more complicated. When we face too many choices, it's like having too many toys in the playroom. In a study of 401(k) plans, for instance, I found that an increase in the number of fund options had a significant negative effect on participation: The number of participants fell as the number of funds rose. When you have so many choices to consider, the decision becomes more cumbersome, and thus you delay it, sometimes for years—to the tune of thousands of dollars.

So what is the art of choosing?

It's really about imposing constraints. One way to do this is by making choice a social interaction, leveraging the support and wisdom of others—which informs intuition and knowledge. Another way is by categorizing options; for example, rather than consider an infinite number of colors to paint a room, lump them into blues, reds, and neutrals. It's like jazz, as composer Wynton Marsalis told me once: "Anyone can improvise with no restrictions, but that's not jazz." Maybe we can learn to master choice by learning the basics of composition so that we can create music, instead of just noise.

photographs from top to bottom: courtesy of Sheena Iyengar; Randy Faris/Corbis

"*And again I paddled out* and caught a wave. For a third time I hopped to my feet, swiveled my hips, and guided the board, so I was not walking on water, but *gliding on it, dancing on it,* as the wave crashed into the white foam behind me, *propelling me* into the glassy water ahead. This was *infinity of the brightest kind,* and I slipped into that ecstasy that comes with *losing yourself completely,* with touching the wet fire churning at the center of the world, with getting *all the way inside life,* no longer a witness but right at the crux, at the point of maximum propulsion. Finally the wave dropped me off at the beach, where I rammed my lovely Indian into the sand *like an amateur* and stumbled back onto land, my whole body *grinning in elation* and exhaustion."

—From ***How to Have Not*** (MacAdam/Cage), by Frances Lefkowitz

photograph by Patric Shaw

SMART READS

Three gripping new books about heart, soul, and bittersweet endings.

1

Healing Hearts: A Memoir of a Female Heart Surgeon (Broadway Books), *by Kathy Magliato, M.D.* Thanks to all those medical dramas, you may think you know what a doctor's life is like. Magliato sets the record straight, revealing how long it actually takes to scrub for surgery (seven minutes!); how she saws open a chest (you don't often see that on TV); and the importance of perfusionists, who run the machine that keeps patients alive while their hearts are stopped. Her passion for that ever-beating thing in our chests makes *Healing Hearts* nothing short of a love story. —Hillary Frey

2

So Much for That (Harper), *by Lionel Shriver* When Shep Knacker's wife, Glynis, is diagnosed with cancer, their lives are eviscerated, along with Shep's hard-earned savings. Given his bare-bones health-insurance plan, each bout of chemo from Glynis's out-of-network doctors costs 40 grand; each round of prescriptions, thousands. Shriver weaves the mostly downhill path of Glynis's treatment with a well-timed critique of the health-care industry—yet she leavens her weighty subject matter with absurdity and wit. Most surprising, *So Much for That* delivers a truly happy ending—though its palliative isn't for cancer. —H.F.

3

Lonely: A Memoir (Harper), *by Emily White* "Loneliness is something few people are willing to admit to," writes lawyer Emily White, who illuminates the condition that's made her life so isolated. It's no easy project: Loneliness is considered a *symptom*, not its own medical diagnosis. Unlike depression or even caffeine addiction, it's not in the *Diagnostic and Statistical Manual of Mental Disorders.* In the vein of *An Unquiet Mind,* Kay Redfield Jamison's chronicle of living with bipolar disorder, *Lonely* delves into the mind of its suffering author and takes the reader to a deeply personal place. White may be reserved in real life, but she's fully open on the page. —H.F.

Rejuvenate

photograph by Paul Vozdic

SCALP SOS

Does your head need a facial?

Most of us go to great lengths to care for our faces. But the scalp? Not so much. "We don't think about the scalp unless something goes very, very wrong," says Paradi Mirmirani, M.D., assistant clinical professor of dermatology at the University of California, San Francisco. But out of sight shouldn't mean out of mind. For one thing, the scalp gives you clues about how to care for your hair. If it's dry, your hair is probably dry, too, and more likely to break. An oily scalp pretty much guarantees that your roots will fall flat by midday. The skin under your hair is much like that on your face: It can get acne, flake, and react to irritants with rashy redness, says David H. Kingsley, Ph.D., a trichologist (that's a scalp and hair doctor) based in New York City. "You'll find that your T-zone and scalp behave similarly from day to

day," he says. So pay a little attention to the top of your head.

Get the right products

You'll need a shampoo that matches your scalp type and a conditioner for your ends, whether they're fine, curly, colored, dry, or damaged, Kingsley says; ends usually need more moisture. Apply conditioner a few inches from your scalp and work down. "You don't want it on the skin because even after rinsing, some oils, waxes, or silicones will stay behind, and that moist environment can lead to fungal overgrowth," says Zoe Diana Draelos, M.D., consulting professor in the department of dermatology at Duke University School of Medicine in Durham, North Carolina. Itchiness and oily-looking flakes are clues. An antidandruff shampoo should help; try using one every other day for two weeks.

Suds up

A stellar scalp starts with the right washing technique. "Most people don't shampoo thoroughly," says New York City salon owner and hair stylist Valery Joseph. Often, he says, we skim lather over our hair's roots but don't actually clean the scalp itself. So oils, dirt, and styling products keep building up, causing oiliness, dullness, and itching. Joseph advises dedicating three minutes to lathering up. Consider it a mini-massage.

Give it a rub

Speaking of massage, it's one of the most gratifying things you can do for your scalp. Besides being a tension-buster, it exfoliates the surface and leaves hair fuller and shinier, says Marc Zollicoffer, a global educator for Aveda. Using the pads of your fingers and medium to firm pressure, move the skin in circular motions (the way you'd rub a sore muscle) as you shampoo. Work from the front hairline up to the crown, then repeat on the sides and back, also kneading upward to the crown. "It starts the day on a good note," Zollicoffer says. Maybe even a good-hair note. —MARY ROSE ALMASI

What's Your Scalp Type?

OILY?

- \+ The center of your face (T-zone) gets greasy by midday.
- \+ Even with volumizing products, your roots limp out before the day is over.
- \+ You notice large, waxy flakes.

NORMAL?

- \+ Seasonal changes make your facial skin more oily or dry, but generally it's somewhere in between.
- \+ Your hair doesn't look greasy or dry if you skip shampoo for a day.
- \+ Styling products or hair treatments don't tend to irritate your scalp.

DRY?

- \+ Your face is dry and so is your hair, from roots to ends.
- \+ Your scalp's itchy and might have powdery-fine white flakes.
- \+ It tingles uncomfortably when you apply certain products and hair color.

photographs by Raymond Hom, prop styling by Megan Hedgpeth

A Head Start

Tips and products that get to the root of the problem.

	THE STRATEGY	THE TOOLS
OILY	**1.** Shampoo and massage your scalp daily, Zollicoffer says. **2.** An oily scalp can become prone to folliculitis (breakouts) near your period. Lather up twice in the shower during that week. **3.** If you have dandruff, use an antidandruff shampoo.	NATURE'S GATE TEA TREE CALMING SHAMPOO, $9; naturesgate.com. PHYTO PHYTOCÉDRAT SEBO-REGULATING SHAMPOO, $24; beauty.com. RENE FURTERER CURBICIA PURIFYING CLAY SHAMPOO, $23; spalook.com.
NORMAL	**1.** When seasons change, adjust your shampoo. **2.** Try a monthly massage with pure jojoba oil to balance skin: Leave on 10 minutes, then wash. **3.** If you see powdery-fine flakes but don't itch, get rid of the product buildup with a weekly clarifier.	GARNIER FRUCTIS FORTIFYING DAILY CARE SHAMPOO, $4; drugstore.com. JOHN MASTERS ORGANICS HERBAL CIDER HAIR CLARIFIER & COLOR SEALER, $17; johnmasters.com. JASON ROSEWATER & CHAMOMILE NORMALIZING SHAMPOO, $9; jason-natural.com.
DRY	**1.** The detergents in shampoo can be drying, so shampoo every two or three days only. **2.** Massage a few drops of jojoba oil onto your scalp before bed. **3.** Use a humidifier in cooler months or a dry climate.	AVEENO NOURISH+SOOTHE SHAMPOO, $7; drugstore.com. AUBREY ORGANICS PRIMROSE & LAVENDER SCALP-SOOTHING SHAMPOO, $10; aubrey-organics.com. BAIN DE TERRE SUGAR & FIG SCALP MASSAGE SCRUB, $18; baindeterre.com.

MEET THE PRO

Q+A TAMMY FENDER

A botanical aesthetician on how plants can make us whole *and* beautiful

+ When did skin care become your passion? When I was in my 20s, I lived in Europe and became interested in the different way Europeans approach it. They have a really ritualized and yet simplistic sense of skin care—everyone has his or her own daily routine, and proper skin care is just as common as brushing your teeth. Even children know how to clean and moisturize their faces!

+ How did you realize that plants can heal the skin? When I returned from Europe, I started researching botanicals and taking classes with aromatherapists, herbalists, and traditional medicinal practitioners. During this time, my husband and I were living in the Bahamas, and one day we went for a hike. He cut his leg, and the wound wouldn't stop bleeding. I saw a geranium plant, remembered something I had learned in class, made a salve with the oil, placed it on the wound, and the bleeding slowed. I began to use other plants around the island as ointments when we got burns and bites.

+ You practice now in Palm Beach, not on an isolated island. How is herbal skin care relevant there? There's so much elective plastic surgery in this town, and women have these procedures and don't realize they're going to need to heal for six months. They come to me for plant remedies like helichyrsum—which is the key botanical in my Intensive Repair Balm—to speed that process up. Once they're better, they're hooked on the botanical formulas.

+ What are your secrets for great skin? Choosing simple plant-based products, like ones with tea tree and thyme for oily skin or lavender and chamomile for sensitive. What goes into the body feeds and nourishes the skin, so it's important to eat well and consume natural foods; I love juicing for this reason. So many skin conditions are caused by stress, and it's crucial to take time to meditate, be still, and breathe. And I always say to laugh every day—laughter has a high vibrational energy that you can see reflected in your skin.

TEST-DRIVE

Mascara

Even if the rest of you is au naturel, a little mascara helps you put on a game face. But who can test every single variety? Well, we did.

MAGIC WANDS

Evening: **YSL Mascara Singulier,** $30; yslbeautyus.com

Thickening: **Mineral Fusion Mascara,** $16; Whole Foods Markets

Extending: **Kevyn Aucoin The Mascara,** $25; kevynaucoin direct.com

Volumizing: **Almay Intense i-Color Light Interplay Technology Mascara,** $7; drugstore.com

Everyday: **Origins Fringe Benefits,** $14; origins.com

photographs by Raymond Hom, prop styling by Megan Hedgpeth; portrait courtesy of Tammy Fender

AUBREY® ORGANICS

100% natural since 1967

Protect the Earth… Promote the well-being of people… Nourish the Spirit

At Aubrey Organics we believe great ingredients make great products. This is the simple philosophy at the heart of the pioneering personal care company Aubrey Hampton founded more than 40 years ago. Since the very beginning, the high standards we set for ourselves have not changed. We use only the finest herbals, plant extracts and natural vitamins in all our products. You will find no paraben preservatives, no petrochemicals, no artificial colors or fragrances of any kind. Today Aubrey Organics remains committed to making healthy, natural products based on herbal traditions that, in many cases, date back thousands of years. Everything we know about hair and skin care, we learned from nature first.

Protect your complexion all year long with this luxurious moisturizer, made with nutrient-rich, organic Rosa Mosqueta® oil.

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www.Aubrey-Organics.com

Second in an 8-part series

3BS0

HOT TREND

CALCIUM

Calcium is important not only for strong bones but for healthy skin: It's an essential skin mineral that we lose as we age. Applying micronized calcium topically strengthens and protects the skin's barrier.

+ Lancôme Platinéum Hydroxy(a)-Calcium Extra Riche contains ginseng and purified yeast to restore moisture and skin density. $125; lancome.com

+ Payot Design Lift Riche is made with calcium and a rice extract to fight deep wrinkles. $89; 3graces.com

+ L'Oréal Ideal Skin Genesis Complexion Equalizer features calcium and pink tourmaline to balance skin tone. $20; drugstores

Bar Basics

Use a bar soap? On your face? Stay with us here: Facial soaps have a reputation for being harsh and drying, but the new generation is just as softening as liquid cleansers. "Bar soap got a bad rap when liquids became popular, but you can just as easily put moisturizers into a bar as into a liquid," says Jeannette Graf, M.D., assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York City. Bars also have a smaller ecological footprint than liquids: They have simpler packaging and are lighter in weight (so they're easier to ship). Try (top to bottom): **Wonderbar,** $40; wonderbarusa.com. **Clarins Gentle Beauty Soap,** $15; clarins.com. **MD Skincare Botanical Cleansing Bar,** $24; mdskincare.com.

PROBLEM SOLVER

Nail It

Winter wreaks all kinds of havoc on our skin, right down to the cuticles: "One of the biggest cuticle destroyers is constantly taking gloves on and off," says Diane Madfes, M.D., a clinical dermatologist in New York City. "That physical trauma builds up over time and leads to cracked and dried-out cuticles." Dry indoor heat and cold winter winds don't help either, so right now your fingertips could probably use a little spa treatment. "Moisturize cuticles every eight hours and keep nails short," Madfes says. Long nails catch on things, which lifts the nail off the nail bed and weakens it, so keep yours trimmed for optimal strength.

OIL

SpaRitual Cuti-Cocktail Nail & Cuticle Oil, $15; skinstore.com

BALM

Grounded in Nature Moisturizing Cuticle Cream, $5; dionissoap.com

GEL

Sally Hansen Massaging Cuticle Treatment, $10; drugstores

photographs by Raymond Hom, prop styling by Megan Hedgpeth

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B

balanced fitness

Project Touch Toes

Tired of feeling stiff, one woman endeavors to reach for the floor.

+ BY **RORY EVANS**

THERE WAS A TIME in my adult life when I could fold myself in half like a bobby pin. Those little bumps on the pin? My vertebrae. I could touch my toes without a single om.

But then that talent went away—in exchange for the kind of gainful employment that put me in a low-budget swivel chair, pecking away for most of my waking hours. I live in "the seated world," as Ashley Borden, a Los Angeles–based personal trainer and coauthor of *Your Perfect Fit,* calls it. Spend the day parked in an Aeron (if that!) "and your hips and psoas muscles—which connect your lower back to the front of your hip bones—and your hip flexors get tight. The result? You become more inflexible."

Even in those rare, fleeting moments when I'm away from my desk, the habits of Western Civilization aren't doing me a lot of favors. >>

photograph by Robert Kenney/Corbis

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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

"Almost everything we do is in front of us. We walk forward, we go up stairs, we carry grocery bags in front," says Los Angeles trainer Harley Pasternak, author of *The 5 Factor World Diet*. As a result, we overdevelop some muscles—the quadriceps, the calves, the upper back—while others, especially the hamstrings and the lower back, remain weak. This imbalance limits flexibility, as does age. All of which seem to put my toes farther and farther from my clutch. And leave me feeling very out of shape. Regardless, I resolved to attain this noble and healthful goal.

To make touching my toes an everyday, easy event, I would have to "generate a balance of heat, flexibility, and strength," according to Mark Blanchard, owner of True Power Yoga in Los Angeles. But this doesn't mean pushing yourself hard in a Bikram yoga class. "The heat is internal," Blanchard says. "You warm up your own muscles by deep breathing, then exhaling with the exertion." And never, ever bounce into a stretch, which, he adds, is like "jumping out onto a frozen pond before finding out if the ice will hold you."

The flexibility and strength elements of Blanchard's equation are actually two sides of the same coin. Or really, two sides of the same limb: To maximize my range of motion, I would have to even out the strength in my muscles—get my hamstrings to catch up with my quadriceps, and loosen all the tightness in the front of my hips.

Or I could subject myself to a regimen of myofascial release, using a weighted ball or one of those three-foot-long white foam rollers that, as Borden puts it, "looks like a gigantic tampon." To "roll out" your muscles, you place the ball or roller under the tight spot—quadriceps, butt, or hamstrings, for instance—and press the weight of your body against it, rolling forward and back, until the tissue relaxes. Warning: This hurts like a mother-scratcher. "It's like giving yourself a deep-tissue massage," Borden says. "You learn to love the pain." The process encourages blood flow and warms the muscles, increasing the range of motion and flexibility.

Lo and behold, after about a week of various stretching and rolling exercises, and plenty of deep breaths, I could almost reach my fingertips to my shoelaces. When I wasn't reaching for my toes, I was standing up straighter. "You know the illustration of the evolution of man—it starts with an ape, then progresses to a man walking upright?" Borden asks. "And you're almost man, but a man sitting at a computer or holding a baby? These exercises will improve your posture. You'll feel less like an ape." Maybe that's not quite a bobby pin, but it's a pretty good start.

Three stretches that get you there

+ Standing stretch
Bend at the waist, knees soft. Alternating legs, contract your quadriceps muscle (down the front of your thigh), and you'll feel a stretch in the back of your thigh. Contracting one muscle releases the opposing one.

+ Supine stretch
Lie on your back with left knee bent, foot on floor. Bend your right leg in and, grasping the ends of a strap or belt, make a tether that runs under the arch of your foot. Extend the right leg, and flex your foot. Repeat on left side.

+ Downward Dog
Get onto all fours, hands shoulder-width apart, knees under hips. Press down through your hands and lift your butt toward the ceiling, until feet are flat on the floor. Keep knees slightly bent; hold for a few breaths.

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Walk It Out

Spring's almost here, and it's time to step off the treadmill and into the big, wide world. Here's the gear that will keep you moving forward through any weather the season deals you.

+ PHOTOGRAPH BY **JOHNNY MILLER**

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LOLE DELIGHT JACKET Water-resistant and lightweight. Just zip off the sleeves to convert it to a vest. $140; lolewomen.com

IPOD NANO The new one includes a video camera, step counter, and FM radio with live pause. $179; apple.com (Create an iTunes playlist based on tempo and beats per minute with the Tangerine software application: potionfactory.com/tangerine/.)

TIMEX IRONMAN WIRELESS FITNESS TRACKER This sports watch and pedometer tallies distance, steps, pace, and calories burned. $90; timexironman.com

AVALON ORGANICS LAVENDER MOISTURE PLUS LOTION WITH SPF 18 That early-spring sun is stronger than you think! $17; avalonorganics.com

HYDRAPAK PUREBOT WATER BOTTLE The first plastic sports bottle free of BPA, aka estrogenic-activity chemicals. $10; pure-bot.com

U TABLETS BY NUUN Lemon-chai-flavored tablets replace electrolytes without adding calories. $8 for 16 tablets; nuun.com

NEW BALANCE 760 WALKING SHOES Well-cushioned and stability-enhancing, in colors we can get behind. $85; newbalance.com

LULULEMON RELAXED FIT-CROP II When it's too warm for tights but too cool for shorts, slip on capris. (Bonus: a back pocket!) $86; lululemon.com

Wardrobe styling by Betty Ann Grund, soft styling by Manuel Norena

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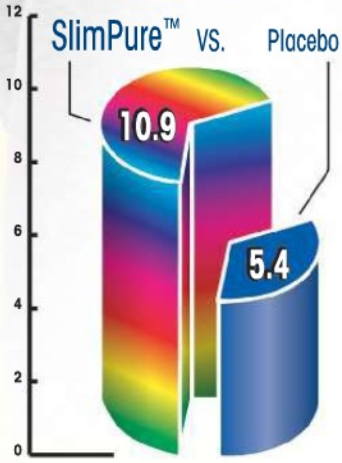

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E

eat well

Power Foods: Garlic

Sweet, spicy, or smoky, garlic will amp up the flavor of all kinds of dishes—and it's packed with nutrients, any way you like it.

+ BY LAWRENCE KAROL RECIPES BY SARAH CAREY PHOTOGRAPHS BY RAYMOND HOM

Garlic's best known, of course, for warding off vampires. But no matter how much you love the *Twilight* books, these little cloves should be your best friends. This member of the lily family can help maintain normal cholesterol levels and contains the compound allicin, which has antifungal activity (and imparts that pungent aroma); it's also full of antioxidants. In the kitchen, garlic embraces everything it encounters—vegetables, meat, pasta—and when roasted, it's practically a confection. While keeping a bulb in your pantry might not scare off evil spirits, it will let everyone know you're not an alliumphobe—a person with an irrational fear of garlic. >>

B+S ONLINE
For more delicious recipes with garlic, go to **wholeliving.com/garlic-recipes.**

food styling by Sarah Carey; prop styling by Megan Hedgpeth

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IF YOU WANT IT MELLOW *Braised garlic is a sweet counterpoint to briny olives, earthy mushrooms, and succulent chicken. Next step: Simmering it all in stock will enrich the flavors.*

BRAISE IT

Garlic-Braised Chicken with Olives and Mushrooms

SERVES 4

When it's no longer winter but not quite spring, a savory stovetop braise, served over rustic grains like farro, makes a comforting weeknight meal.

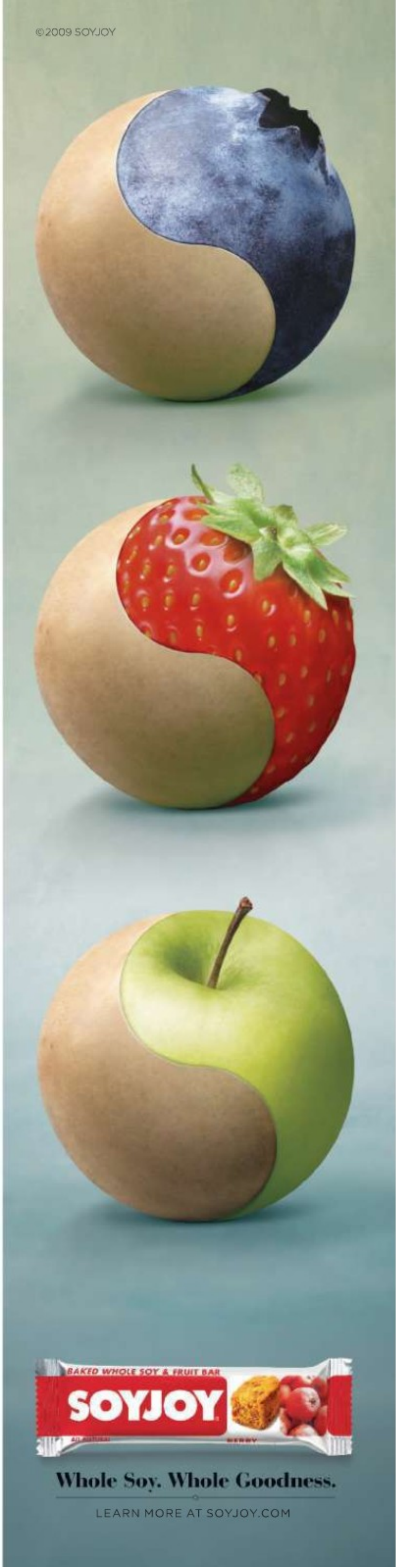
- **1 small chicken (about 2½ pounds), cut into pieces**
- **Coarse salt and freshly ground pepper**
- **1 tablespoon plus 1 teaspoon olive oil**
- **2 heads garlic (at least 16 cloves), smashed and peeled**
- **10 ounces cremini mushrooms, cleaned, trimmed, and halved**
- **½ cup white wine**
- **½ cup green olives (preferably picholine), pitted or left whole**
- **⅓ cup chicken stock**

1. Heat a large straight-sided skillet (about 12 inches) over medium-high heat. While it's heating, season chicken with salt and pepper. Add 1 tablespoon oil to pan and swirl. Add chicken, skin side down. Let brown, 5 to 6 minutes. Remove chicken from pan; set aside.

2. Add 1 teaspoon oil to pan, followed by garlic and mushrooms; let brown, stirring occasionally, 5 to 6 minutes.

3. Add wine to mushrooms and garlic and bring to a boil, then cook for 1 minute. Return chicken to pan.

4. Add olives and chicken stock to pan; bring to a boil, then reduce heat. Cover; simmer until chicken is cooked through, 15 to 20 minutes.



IF YOU WANT IT SPICY *For the most nutritionally potent hit of garlic, try it raw, as in this simple pasta dish. The pepperoncini give it an even bigger kick.*

EAT IT RAW

Spaghetti with Garlic and Herbs

SERVES 2 AS A MAIN

Raw garlic, fresh Parmesan, and aromatic herbs add spark to hearty whole-wheat pasta. For even more pow, mix in minced anchovies.

- **½ pound whole-wheat spaghetti**
- **1 tablespoon olive oil plus more for drizzling**
- **6 pepperoncini, sliced into rings**
- **2 tablespoons minced garlic (6 to 8 cloves)**
- **¾ cup chopped parsley, basil, or both**
- **½ cup (1¼ ounces) grated Parmesan**
- **Coarse salt and freshly ground pepper**

1. Bring a large pot of water to a boil. Add a generous amount of salt, then add pasta. Cook until al dente.
2. Just before pasta is done, heat oil in a large skillet. Add pepperoncini and half of the garlic; toss to heat through.
3. Reserve 1 cup of pasta-cooking water, then drain pasta.
4. Add pasta to skillet and stir. Add just enough reserved pasta water to moisten; stir in garlic and herbs. Stir in cheese, then season with salt and pepper. Drizzle with more olive oil and shaved Parmesan, if desired.

SAUTÉ IT

Escarole with Toasted Garlic

SERVES 4

The magic in this dish comes from perfectly toasted garlic. To achieve this gorgeous golden hue—and avoid bitter burned garlic—be patient.

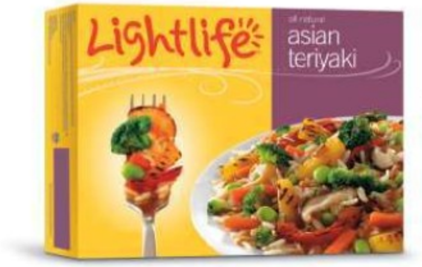
- **2 tablespoons olive oil**
- **3 garlic cloves, very thinly sliced**
- **1 large head escarole, cut into 1-inch-wide ribbons (10 cups)**
- **Coarse salt and freshly ground pepper**
- **¼ cup chicken stock (optional)**
- **Lemon juice or wedges**

1. Combine olive oil and garlic in a large skillet. Set over medium-low heat and cook, turning occasionally, until golden brown, about 6 minutes.
2. Remove garlic slices as they turn golden (they won't all brown at once) with a fork and drain on paper towels, leaving oil in pan.
3. Increase heat to high, add escarole, and season with salt and pepper. Stir to coat. Add stock. Cook until wilted.
4. Season with lemon juice, and drizzle with olive oil. Top with garlic chips.

NUTRITION BREAKDOWN

Per serving

GARLIC-BRAISED CHICKEN	
Calories	409
Fat	20g
SPAGHETTI WITH GARLIC	
Calories	531
Fat	12g
ESCAROLE WITH TOASTED GARLIC	
Calories	93
Fat	7g



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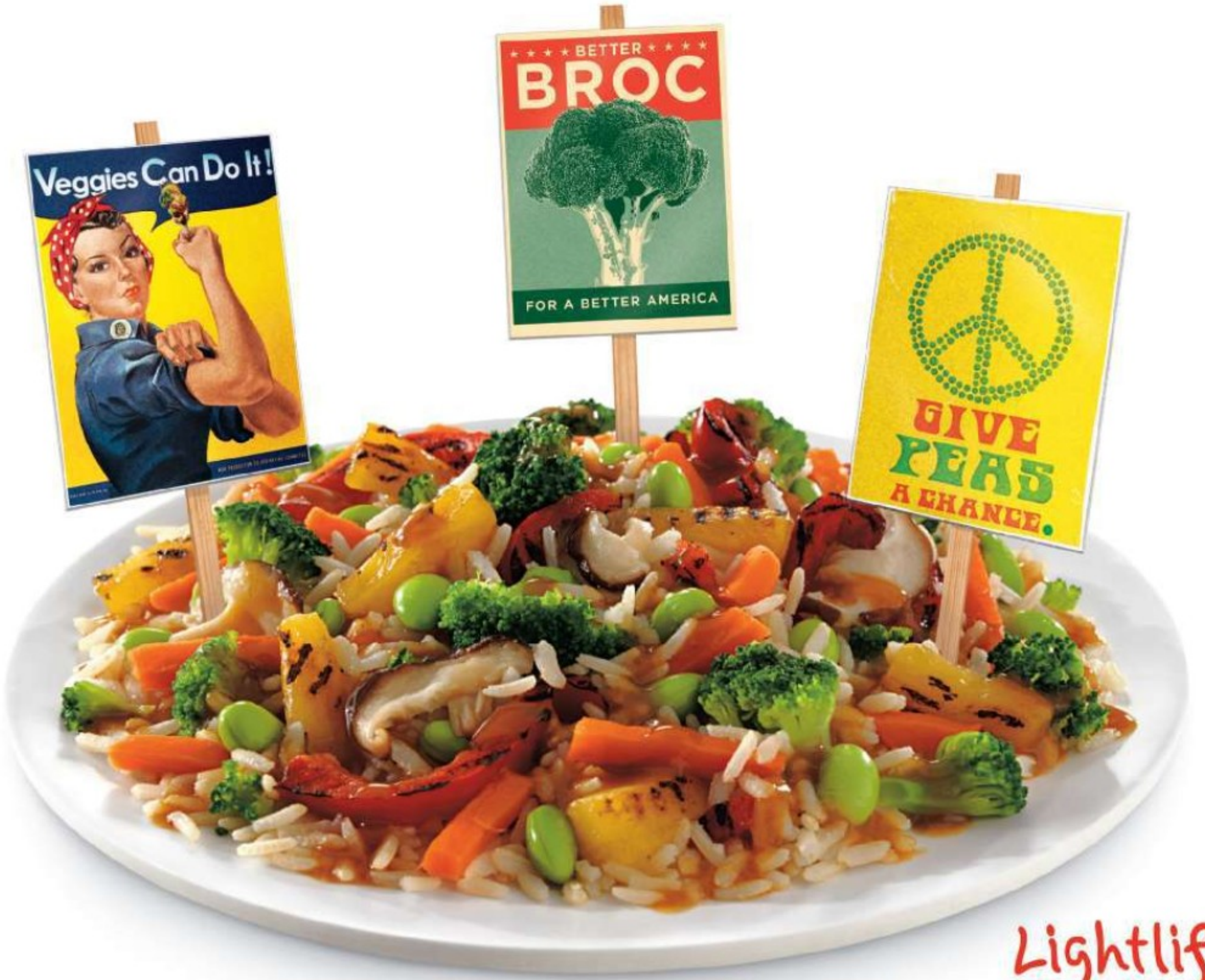

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Veggie Entrées

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Decadently Wholesome

The latest health trend? Pop open a cold beer. It's just one of a few guilty pleasures that have gotten an image makeover: They're now downright good for you. If you're ready to indulge, Joanne Chen has the great news.

photograph by Peter von Felbert

WAIT LONG ENOUGH, and even high-waisted pants come back in style. In similar fashion, it may be time to pull some of your old, banned habits out of the closet: A number of formerly sinful luxuries now seem to be healthy—and this according to scientists from highly regarded universities. In fact, if you didn't cheat, you'd be cheating yourself.

NAPPING

OLD REP: Lazy pastime
NEW CRED: Recharge tactic

Sneaking in an afternoon snooze can seem irresponsible with e-mail, deadlines, and crusty dishes piling up. But a nap is exactly what your brain and body need to re-charge. Call it Mother Nature's patented Ritalin: an antidote to mental fuzziness without the unpleasant side effects.

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Even rocket scientists are recommending naps. In one NASA study, 21 long-haul pilots were assigned to one of two groups before boarding their regularly scheduled transpacific flights. Those in the first group were allowed a 40-minute nap (don't worry, other crew members maintained the flight); pilots in the second group were told to keep working. Afterward, as the pilots completed tasks (like hitting a button when a light flashed), the nappers' reaction time was significantly faster than before the nap—16 percent—while their alertness shot up by 100 percent.

A 20-minute nap helps sharpen the mind and enhance muscle coordination; 30 to 60 minutes typically lets you sink into slow-wave sleep, which can boost memory, according to Sara C. Mednick, Ph.D., an assistant professor of psychiatry at the University of California, San Diego, and author of *Take a Nap! Change Your Life.* Proceeding on to REM sleep (likely to occur after 50 to 60 minutes) adds heightened creativity to the list of benefits. To get a mental lift without the grogginess, Mednick says, a mid-afternoon nap should be about 20 minutes.

CHEESE OMELET

OLD REP: Heart attack on a plate
NEW CRED: The breakfast of champions

Ever since fat and cholesterol phobia swept the country in the '80s, both eggs and cheese have suffered an image problem—and don't even think about mixing the two. But the combo isn't so bad, after all: Of the 4.9 grams of fat in an egg, 1.6 of them are saturated; the rest are unsaturated—the type that actually helps lower cholesterol in blood. And not all cheeses are high in fat: Parmesan contains only 1.4 grams (and 22 calories) per tablespoon. As for cholesterol, an egg has 212 grams—under the 300-gram daily maximum recommended by the American Heart Association for healthy adults.

Research suggests that gossiping isn't so much a moral slipup as it is a way of bonding. Furthermore, we're wired to do it.

Furthermore, an average egg with a tablespoon (or shredded cubic inch) of cheese offers more nutrients than a doughy bagel: calcium (from the cheese), 13 vitamins (from the egg), and protein (from both). You can sprinkle on oregano or basil for a hit of antioxidants. And all you need for cooking is a spritz of olive oil.

To increase the filling factor (and the protein) of your omelet, mix in the whites from two additional eggs, which adds only a few calories (32) and barely any fat. And if you choose a strong cheese, like feta (45 calories and 3.6 grams of fat) or Parmesan, chances are you won't be tempted to overdo it.

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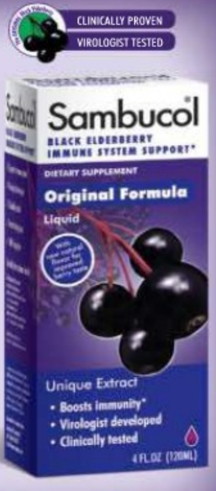

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GOSSIPING

OLD REP: Mean-girl entertainment
NEW CRED: Bonding technique

Whose ears don't perk up when word gets around about a co-worker's tussle with the boss or a friend's tragic fashion sense? Research suggests that gossiping isn't so much a moral slipup as it is a way of bonding. Furthermore, we're wired to do it. As Robin Dunbar, Ph.D., a professor of evolutionary anthropology at the University of Oxford, writes in *Grooming, Gossip, and the Evolution of Language*, gossip among humans serves the same purpose as social grooming among apes: The participants share a common interest or goal, and in taking part, they're made to feel included.

Speaking negatively about someone may, in fact, bring you closer to your fellow gossiper, explains Jennifer Bosson, Ph.D., assistant professor of psychology at the University of South Florida in Tampa. You'd say nice things to anyone, but being critical or mean is reserved for trusted confidants (the ones who won't rat you out or turn you into the next gossip target). Of course, there are more virtuous ways to bond (like joining a book club), but gossip, social scientists agree, does build community—and that's been shown by countless studies to help maintain good overall mental health.

BEER

OLD REP: Gut bloater
NEW CRED: Wine replacement

Wine may be the toast of the health-conscious, but beer is just as good for you, claims Charles Bamforth, Ph.D., chair of food science and technology at the University of California, Davis, and author of *Grape vs. Grain.* It's true that your brewski doesn't contain resveratrol, wine's so-called antiaging antioxidant, but it's got more calcium and magnesium than a Cabernet or Merlot, and four to five times the level of free-radical-fighting polyphenols as a glass of white. In fact, a 12-ounce bottle of beer a day (but no more than that) may up "good" HDL cholesterol, decrease the risk of blood clots, and reduce coronary heart disease rates by 30 to 40 percent.

IPHONE FIDDLING

OLD REP: Brain drainer
NEW CRED: Brain trainer

Still fondling your iPhone? Surely there's something more useful you could be doing? Maybe not. Research suggests that interacting with new smartphone apps or computer programs stimulates your neural circuits, says Gary Small, M.D., author of *iBrain* and director of the Center on Aging at the University of California, Los Angeles. His research suggests that Web searching, even more than reading online, activates neural areas responsible for decision making and reasoning. "It keeps the brain fit," he says.

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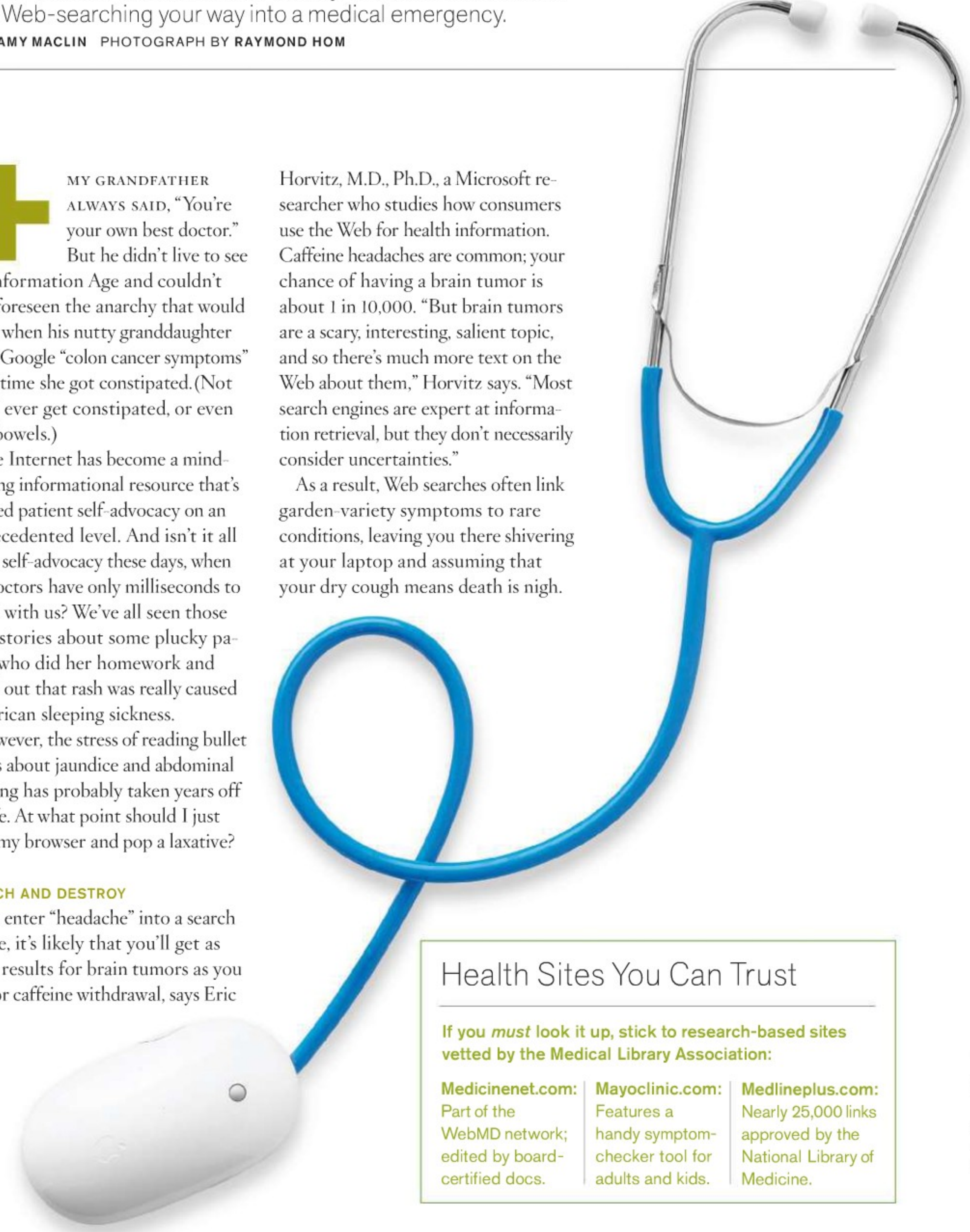
Googler, Heal Thyself

Is there a doctor in the mouse? Actually, no. So calm down and stop Web-searching your way into a medical emergency.

+ BY **AMY MACLIN** PHOTOGRAPH BY **RAYMOND HOM**



MY GRANDFATHER ALWAYS SAID, "You're your own best doctor." But he didn't live to see the Information Age and couldn't have foreseen the anarchy that would ensue when his nutty granddaughter could Google "colon cancer symptoms" every time she got constipated. (Not that I ever get constipated, or even *have* bowels.)

The Internet has become a mind-blowing informational resource that's enabled patient self-advocacy on an unprecedented level. And isn't it all about self-advocacy these days, when our doctors have only milliseconds to spend with us? We've all seen those news stories about some plucky patient who did her homework and found out that rash was really caused by African sleeping sickness.

However, the stress of reading bullet points about jaundice and abdominal bloating has probably taken years off my life. At what point should I just close my browser and pop a laxative?

SEARCH AND DESTROY

If you enter "headache" into a search engine, it's likely that you'll get as many results for brain tumors as you will for caffeine withdrawal, says Eric Horvitz, M.D., Ph.D., a Microsoft researcher who studies how consumers use the Web for health information. Caffeine headaches are common; your chance of having a brain tumor is about 1 in 10,000. "But brain tumors are a scary, interesting, salient topic, and so there's much more text on the Web about them," Horvitz says. "Most search engines are expert at information retrieval, but they don't necessarily consider uncertainties."

As a result, Web searches often link garden-variety symptoms to rare conditions, leaving you there shivering at your laptop and assuming that your dry cough means death is nigh.

Health Sites You Can Trust

If you *must* look it up, stick to research-based sites vetted by the Medical Library Association:

Medicinenet.com: Part of the WebMD network; edited by board-certified docs.

Mayoclinic.com: Features a handy symptom-checker tool for adults and kids.

Medlineplus.com: Nearly 25,000 links approved by the National Library of Medicine.

prop styling by Megan Hedgpeth

Statisticians have a term for that: "base-rate neglect," which is what happens when you make assumptions drawn from the evidence in front of you rather than a studied consideration of actual probabilities.

Neglect? I've always thought it was the opposite of neglect, striving to label my every ache and itch. But I feel sheepish when I consider the last time I entered my symptoms in a search engine: "Fatigue" plus "joint pain" yielded lupus, arthritis, chronic fatigue syndrome, and fibromyalgia—and that was only the first page of results. Fret though I did, I never went to the doctor, and the pain went away when I stopped freelancing and went back to work in an office. (Funny, my search hadn't yielded anything about isolation or existential despair.)

Even med students often famously experience "medical schoolitis," also called "second-year syndrome" because it tends to set in during the second year of med school, when students have read about all kinds of horrific conditions but haven't yet started seeing patients and tuning up actual probabilities. Horvitz says, "I wonder whether the Web makes second-year med students of all of us."

When it comes to using the Internet to pinpoint the real likelihood of dreaded conditions, it's much harder to find out what you probably don't have than what you infinitesimally might. For research purposes, Horvitz pretended to be a 33-year-old with chest pains and did a Web search for his symptoms: It took an hour for him to unearth the actual statistical improbability of heart attack for somebody that age with no genetic predisposition. "It would take a Sherlock Holmes to find out I likely had nothing to be concerned about," he says.

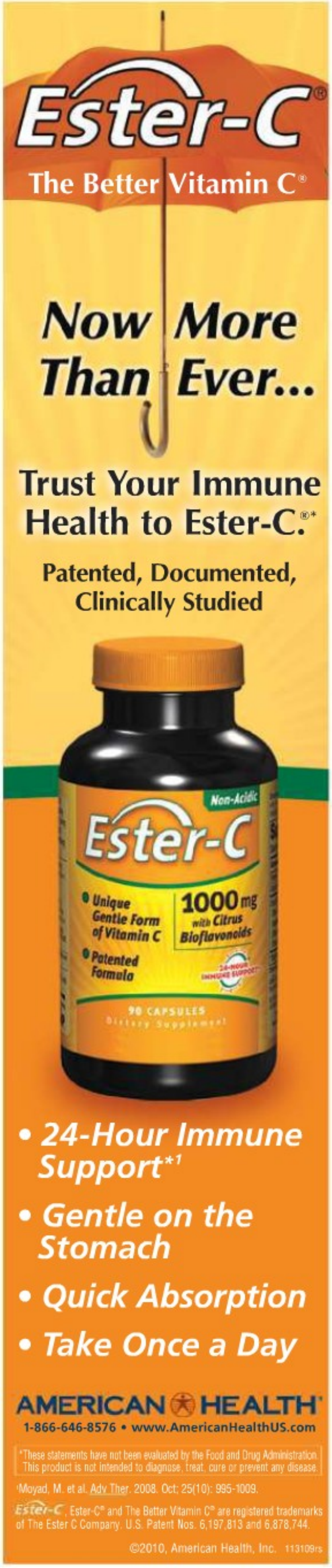
> "Fatigue" plus "joint pain" yielded lupus, arthritis, and fibromyalgia—and that was only the first page of results.

THE ALCHEMY OF A DIAGNOSIS

A diagnosis is a complicated thing, says Lisa Sanders, M.D., *New York Times* columnist and consultant behind all those magnificent, baroque diagnoses on *House.* (She never got over her second-year syndrome: "Oh, I have brain cancer about once a year. Wait, that's not normal?") She says, "The body has an extremely limited repertoire of ways to make you feel bad. You can describe pain, location, duration—but this vocabulary has to cover the millions of ways the body can go wrong. Actually, you're in the worst position when you only know what your symptoms are."

The first cut of a diagnosis, Sanders adds, isn't even about your complaints; she initially considers a patient's gender, age, medical history, and parents' medical history. "Dr. William Osler, the father of American medicine, said it's more important to know about the patient than to know about the disease," Sanders says. "If you hear the patient's story—the who, what, when, where, and why—80 percent of the time it will tell you what she has before she even tells you."

And yet it's hard to remember the empirical niceties when the body sends you one of its dumb, blunt messages: *I'm suffering.* Even Alice Domar, Ph.D., executive director of the Domar Center for Mind/Body Health, says that a few years ago when her right lower leg went numb, she made a panicked Internet house call and assumed she had multiple sclerosis, not even thinking about the fact that two days before,



B+S ONLINE For tips on communicating with your doctor, go to **wholeliving.com/doctor-talk.**

she'd carried her 70-pound daughter into the ER after a roller-blading accident. "I saw the doctor on a holiday because I was so worried," she says. "When you come up against leg weakness as a female in your 40s, that's the malady that keeps popping up. You read the symptoms: Tired? Well, *yeah,* I'm tired. Blurred vision? I can't read as clearly as I used to. I forgot about common sense."

> "Googling is a way of expressing this very ancient desire that we all have—to seek meaning in suffering."

People do get sick, and sometimes serious conditions do start with simple symptoms. I could not resist pressing Dr. Sanders for the three that should make us pay special attention (Chest pain? Shortness of breath? Loose teeth?), but she sensibly refused to humor me. "It's too hard to make generalized statements," she says. "If you've had chest pain for five years, I'm not worried. If you have severe substernal chest pains that started five minutes ago, then I am extremely interested in that. Context is everything."

CONSIDER THE SOURCE

If we're really our own best doctors, the sound approach may be to do what the best doctors do and consider the patient first. Domar has her patients keep a symptom diary: Do their symptoms appear only on work days? When they eat a certain food? When they've slept badly? When their mother-in-law is visiting? "If a symptom appears out of the blue, I think you have to look back and ask, 'What was the trigger?'" she says. "If you haven't done anything differently, then have it looked at. I'm a huge believer in gut feelings."

None of this means giving up the Internet entirely; after all, it is "one of the most incredible medical resources in the history of mankind," Horvitz says. But stick with research-based sites (see "Health Sites You Can Trust," p.56). A study by the Pew Internet and American Life Project 2007 reveals that although 80 percent of American adults have searched for health-care information online, 75 percent didn't always consider the validity of the source, which is research-speak for the fact that most self-diagnosers aren't questioning whether they can really get the most reliable health info from Dan's Lyme Disease Hut.

A final caveat, Horvitz adds: Stay off the message boards. Yes, they are a tremendous source of support for people who have already been diagnosed, but they are not a place to lurk while you're wondering about that twitch you've just developed: A forum of patients with ALS will be populated with sick people whose stories began with a single tremor. "There's a high concentration of people with a very rare illness in a small place," Horvitz says, "so it seems common when you're looking at it."

Still, "I think it's important for people to feel free to investigate their own health," Sanders says. "Googling is a way of expressing this very ancient desire that we all have, which is to seek meaning in suffering." She recalls the 88-year-old patient who brought in a dossier to support her theory that she had a congenital displacement of the splanchnic nerve. (Her real problems were hypertension, osteoarthritis, and diabetes.) Sanders couldn't bear to throw the files away. She says, "We all want to make the chaotic world of the body make sense."

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Strange Brew

It's alive! Uncovering the many mysteries of kombucha tea, the tart but intriguing bioactive tonic with a growing fan base.

+ BY **HANNAH WALLACE** PHOTOGRAPHS BY **RAYMOND HOM**

A SOUR CONCOCTION WITH live cultures floating on top sounds like something you'd throw away if you found it under your sink. And yet the tart, fizzy, fermented tea called kombucha is both an ancient tonic and the latest health craze. Kombucha, made from either black, white, or green tea, sugar, and a "symbiotic culture of bacteria and yeast"(SCOBY), is having a renaissance. According to Gary Hemphill, managing director at Beverage Marketing Corporation, U.S. sales of bottled kombucha doubled from 2007 to 2008, to roughly $70 million (wholesale). Scan the beverage aisle at your local grocery store and you'll be surprised to find a range of brands peddling the brew: GT's Kombucha, Red Bull's Carpe Diem, Celestial Seasonings (out in April), and Honest Tea, as well as indie labels like Kombucha Brooklyn and Kombucha Wonder Drink. Some mad-scientist

B+S ONLINE For more info on how to brew your own, log on to **wholeliving .com/kombucha.**

styling by Megan Hedgpeth

types are taking a more grassroots approach by reviving the hippie practice of home-brewing.

MAGIC POTION?

Kombucha has a long history, starting in second-century China, where it's thought to have first been made. It reportedly then traveled across Asia, Eastern Europe, and Russia, where it's still an everyday beverage called *chainyi grib* ("tea mushroom").

The tonic has many converts, like Christine Petrozzo, 24, who's been drinking kombucha for three years. "It's amazing," she says. "When I drink it, I feel relaxed and energized at the same time." As she began regularly consuming the tea, she noticed other benefits: improved digestion and clearer skin. Before he cofounded Kombucha Brooklyn, Eric Childs, 24, drank the tea to cope with his high-stress job at a Manhattan art gallery. "Heartburn had been a daily thing for me," Childs says. "I kept Pepto-Bismol in my bag." One day, his boss brought a bottle of kombucha to work; Childs gave it a try. "All of a sudden I started feeling better," he says. "I stopped getting heartburn. My acne went away, and I was happier."

While lab studies have shown that kombucha contains a blend of probiotics, B vitamins, enzymes, and various organic acids, very little research has been done on the drink's benefits. Gastrointestinal issues are the problem that kombucha seems to help with the most, possibly due to the healthy bacteria created by the fermentation process, which support immune function and digestion, notes Denver-based naturopathic doctor Courtney Jackson. She adds that B vitamins give kombucha a big part of its functional punch. "B vitamins are intimately involved in metabolism, mood, the liver's detoxification pathways, skin and hair structure, and energy production."

Jennifer Adler, a certified nutritionist and professor of nutrition at Bastyr University in Seattle, is a fan of all kinds of fermented foods (such as yogurt, kefir, sauerkraut, and kimchi) precisely because of their high levels of probiotics, live enzymes, and B vitamins. She encourages her patients who suffer from digestive issues, heartburn, and acid reflux to try one cup of kombucha per day with meals. For those who get a mid-day energy slump, Adler says, kombucha may help. "B vitamins give people a bit of pep, and the healthy bacteria keep sugar cravings down," she explains.

THE DAILY DOSAGE

Check with your doctor before you start chugging the stuff, and keep in mind that kombucha advocates advise beginning with six to eight ounces a day, then seeing how you feel. It is relatively acidic, so consuming too much can, ironically, *cause* heartburn and could, for some, have a laxative effect. Twelve ounces also contains a trace amount of alcohol, caffeine (20 to 24 mg, compared to up to 160 mg in coffee), and about 4 grams of sugar. Naturopathic doctor Garrett Wdowin, founder of an integrative health center in Arizona, personally finds kombucha to be a bit sour, but doesn't discourage his patients from giving it a shot. "The increased intake of vitamins is hard to ever see as a bad thing."

Grow Your Own

We had Rick Miller from Kombucha Brooklyn into our offices to mix up a batch and explain how you get from tea to bubbly beverage. For detailed instructions and safety information (home-brewing safety is extremely important), log on to wholeliving.com/kombucha.

Begin The components include a SCOBY, tea, cane sugar, and ½ cup of already brewed kombucha, plus sterilized equipment. Order a starter kit at kombucha brooklyn.com.

Mix it up Once the tea is brewed, the sugar is dissolved in it and cooled. The brewed kombucha and SCOBY are added, and the concoction is placed in a dark, warm environment.

Let it brew For seven to 14 days, the SCOBY feeds on the sugar and caffeine, producing acids as it ferments. It's then bottled and sits for another week or two, creating the bubbles.

Kombucha to Go

Most bottled versions are 100 percent kombucha or are flavored with fruit.

GT'S KOMBUCHA $3.50; synergydrinks.com

HIGH COUNTRY $3.60; hckombu.com

CARPE DIEM $2; carpediem.com

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inner growth

In Treatment

Journalist Laurie Abraham spent a year observing couples in marriage therapy, and says the experience made her more hopeful about love.

+ INTERVIEW BY **CATHI HANAUER**

I'VE OFTEN WONDERED how far my marriage could come if my husband and I "worked on it." Now, thanks to Laurie Abraham's new book, *The Husbands and Wives Club: A Year in the Life of a Couples Therapy Group* (Touchstone), I have an optimistic sense of that answer. Abraham observed five couples and their leader, Philadelphia clinical psychologist Judith Coché, Ph.D.; she weaves reports of the sessions with research on marriage and therapy, in a mix of psychology, philosophy, and human drama.

Q: The five couples ranged in age from 34 to 64; you wrote, "Each seemed to represent a distinctive shade on the wide spectrum of discontent that periodically darkens marriage." Want to elaborate?

A: One of the couples was dealing with an imbalance of power. A second had long-term malaise. Another had stayed in love, but their teenager was exposing some bad dynamics. One had severe sexual problems. In one, the husband couldn't deal with his wife's emotions at all. Later, you learn why.

Q: Was the group process different from what you expected?

A: The power of the group surprised me. It gave each couple a feeling of "I can take risks because I see other people doing it." It also gave people dignity—like, this is a worthwhile endeavor, to make your days on earth with this person as good as they can be.

Q: Did the experience change your ideas of what therapy can do?

A: I was amazed by how the couples turned around! One couple I thought would and probably *should* divorce went from this sexless marriage to delighting in each other's presence, having sex more than once a day.

Q: What behaviors made couples feel connected or drove them apart?

A: I don't think there's a formula, but one thing I found true: Fewer words are better. It's not about the number of words, it's about saying them with feeling and then being able to tolerate the other person's reaction without collapsing or rushing in. That's hard!

Q: What was the biggest lesson?

A: That effort and a willingness to try to love someone better can work. But you have to make it a priority. Actually, the therapist Michael Vincent Miller says that instead of thinking of improving our marriage as "work," we should think of it as "practice"—like practicing the violin. It takes daily attention, and years to get good at it.

Q: Has your own marriage changed?

A: I think I see my husband with more empathy, rather than just thinking, "He's trying to ruin *my* life." [*Laughs*] It was interesting to see couples who had strong feelings but weren't as quick to anger as I am. I learned that the opposite of volatile isn't dead.

photograph by Jane Yeomans

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This Way Up

Retirement account still in a slump? Already blew those New Year's resolutions? If you've had it with being down, we've got the plan for you: our very own feel-good stimulus package! Read on for 32 ways—scientifically proven and otherwise—to reach (practically) instantaneous optimism.

Make a Play Date

Schedule some time to goof around. "A playful spirit is the only lasting source of sustained optimism," says psychiatrist Stuart Brown, M.D., author of *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul.* "Find more of it by chasing down your best memories, and seek friends who embody it." >>

photograph by Anna Palma

Get a Little Closer

I live on a farm, where the rhythms of nature are undeniable. Bees buzz. Plants sprout. Tractors grind past, leveling said bees and sprouts. A farm reminds you of your consequence and your inconsequence, the way one feels at a funeral—which is why people on farms are often really randy. When you're surrounded by rutting wildlife, it's hard to resist your own call of the wild, and why should you? In our daily routines, we forget how magical skin on skin feels. How necessary it is to be reminded of the everlasting gyre of life. And what better way than to get it on like Donkey Kong? My husband and I just took a walk on the property; after tallying the winter damage and admiring the tree line's resilience, we let nature take its course, weeds shielding us from view. Mostly. We did catch a pair of purple martins eyeing us. Dirty birds. —Allison Glock

[*KEEP A JOURNAL*]

Q&A with ***Ariel Gore, author of*** **Bluebird: Women and the New Psychology of Happiness**

To find out what really makes women happy, Gore asked a dozen of them to keep a happiness journal. In her book, she discusses the results.

Q What did the journals reveal?

A I found that moments of flow—those activities in which we lose track of time—were most significant. That sense was different for each person—some experienced it while working on the computer, swimming laps, painting, gardening, serving dinner at a homeless shelter, or meditating in an ashram.

Q You kept a journal yourself, reluctantly.

A I know, and the study was my idea! It just felt hokey. But by the second week, I noticed I was happier when I'd let myself write for an hour longer, or when I dragged myself out of bed to go to yoga in the morning. Sometimes what made me happy was obvious: a compliment, or a rite of passage in one of my children's lives. But what really surprised me were the moments when nothing exciting was going on—I'd be driving across a bridge and the sun would be shining. I noticed the simple act of recording those moments actually expanded them. Virtually all of the women who kept journals had a similar experience. The reason seems to be twofold: First, we trained ourselves to notice and appreciate those moments more fully. Second, when we took the time to remind ourselves each day what made us happy, we were more likely to intentionally schedule more of that thing.

Q What advice do you have for women seeking happiness?

A Watch less TV, and spend more time with friends. Experiment with doing less housework and getting more sleep. Start the happiness journal. Embrace your inner dork.

photograph by Chris Craymer

By the numbers...

Feel-good strategies from the annals of happiness research. *By Joanne Chen*

1 GO FOR BAROQUE
A study from the University of Maryland and the University of Pennsylvania reported that when radiologists listened to baroque music, 63 percent said they were in a better mood, and half were happier with their work.

2 LEARN SOMETHING NEW
Novelty excites the brain's pleasure pathways by releasing dopamine, says Michael Bardo, Ph.D., professor of psychology at the University of Kentucky. Even babies perk up, he says, when they see a new image on a video screen.

Invest in a New Experience

It's tempting to think I could be happy forever if I just had an infinity pool in my backyard. But after a few weeks I probably wouldn't even see it anymore, which is what people naturally do with material possessions. (What, *this* old thing?) I'd get more long-term satisfaction if I sailed the seven seas instead, says a San Francisco State University study that claims experiences make us happier than things: Stuff can forever be compared with—and topped by—something in the next catalog; an experience stays as good as your memory makes it. The catch? A study in the *Journal of Consumer Research* claims that for some of us, a bad experience can yield the deepest unhappiness of all—I'll consider that, next time I'm torn between bungee jumping and a nice new handbag. —Amy Maclin

The Feel-Good Stimulus Package

photographs from top to bottom by William Abranowicz; Johnny Miller

3 SNIFF CITRUS AND LAVENDER When University of Vienna researchers diffused the scents of orange and lavender into dentists' offices, anxious patients reported they felt calmer. Both scents contain the chemical linalool, which seems to alter blood chemistry to lower stress.

4 BE A TASK MASTER The effort of learning a skill may have you cursing in the short term. Yet you'll be better off for the struggle: Research published in the *Journal of Happiness Studies* last year found that working hard at a task yields greater long-term happiness.

5 CHANNEL GEORGE BAILEY According to a study in the *Journal of Personality and Social Psychology*, imagining the way your life might have gone if a positive event hadn't happened (say, if you'd never met your spouse) is more satisfying than replaying the positive event.

The Feel-Good Stimulus Package

Relearn What Your Body Can Do

The first time I tried yoga, I fell on my face. It was a beginners class, and the teacher was demonstrating the Crow pose, in which you crouch down, balance your knees on your arms, and float your feet off the floor. I soared—and then I crashed. So at first, yoga hurt. Not just my face but all of me: I'd stretch and push until my muscles quivered, then suffer days of soreness. After two years and many wobbly handstands, an illness took me off the mat. But this summer, I felt the call to start over. Not to pick up from where I left off, but to relearn the practice—in a way that was less about pushing myself and more about yoga. Now, if my body snaps, crackles, or pops, I stop. And I can do more: I glide easily into a handstand with a confidence that comes from knowing it doesn't matter if I fall. My twists are deeper, my breath fuller. I feel lighter, all the time. Because I'm not concerned about getting to the next, more difficult pose, the quality of my practice is better. And because nothing hurts, I want to practice more, forever. —Hillary Frey

B+S ONLINE
For six mood-boosting yoga moves, go to **wholeliving.com/mood-yoga.**

photographs from top to bottom by Daniel Ward; Yamada Taro

PURSUE PLEASURE (INDIRECTLY)

Q&A with ***Paul Bloom****, author of* How Pleasure Works: The New Science of Why We Like What We Like

A psychologist says the best way to find pleasure is by digging deep.

Q Is pleasure the path to happiness?

A It's related to happiness, but if you dedicated your life to pleasure, you'd be miserable. If you eat one oyster, you may love it and eat another, but sooner or later, you'll get sick of them. One of the great lessons of pleasure is to pursue it not directly, but indirectly.

Q How?

A By appreciating that the pleasures of life are deep. The real pleasure of a meal comes from the act of preparing it and the social experience that goes with it. Attention to deeper properties is what makes pleasure more substantial, more long-lasting, even more intense.

By the numbers...

6 WATCH SOME FISH A study of Alzheimer's patients found that those who watched fish were calmer and ate up to 21 percent more food. Another study from the University of Rochester reported that looking at images of nature made people nicer.

7 GIVE UP YOUR STUFF University of British Columbia researchers found that subjects who gave gifts were happier than those who spent money on themselves. To spread goodwill *and* declutter, give something away every day.

8 LOOK AT A BABY According to a study published in the journal *NeuroImage*, when women looked at photos of smiling babies, a part of the brain associated with pleasure lit up. (Get your fix at allbabypics.com.)

PRACTICE KINDNESS

Q&A with ***Dacher Keltner,*** *co-editor of* The Compassionate Instinct: The Science of Human Goodness

According to a new book from the Greater Good Science Center, compassion is part of our biology—so doing good is key to feeling good.

Q How does compassion contribute to happiness?

A Neuroscientists are discovering that feeling compassion causes parts of your nervous system to light up, including parts of the frontal lobe, our emotional control center. It's also associated with the release of oxytocin, the tend-and-befriend hormone, which helps calm stress and boost immune function.

Q How can we cultivate compassion?

A There's hard data showing how a few simple practices can strengthen your compassion muscle. One example is loving-kindness meditation, in which you dwell on positive thoughts toward other people. Touch is also part of the great language of compassion, though unfortunately it's been extricated from our culture. Never underestimate the power of a pat on the back.

See the World From a New Angle

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes." Since I was just a teenage photography geek, I'd kept that line from Proust on an index card above my desk. I suspected it might be a useful mantra; I never thought it would change my life. Then last spring, I surprised myself—and everybody else—when I resigned from my job. Alone with the open horizon, I ran right for those new landscapes, hopping trains and planes. But the solace lasted only as long as the road rolled under my feet. I had to go home. There, while unpacking my office boxes, I came upon that note card. Suddenly, I saw Proust's words as a challenge. Of course a world was out there, waiting; I only needed to open my eyes. So I started looking: I got on my three-speed with my camera and pedaled off down Brooklyn's alleyways. I encountered order and inspiration everywhere: a bar's peeling brickwork, the feminine script of a sign, the evening sun skimming off wires. The world was changing constantly, alongside me. And that big picture I'd been longing for? It might just be made of a billion beautiful details. —Sarah Karnasiewicz

photographs from top to bottom by John-Francis Bourke; Lisa Cohen

9 HIT THE ROAD Just taking a brisk five- to 10-minute walk gives you an immediate energy boost, says Robert Thayer, a psychologist at California State University, Long Beach. As an added bonus, it might decrease tension.

10 HUG AND TELL Students at Kutztown University who were told to give or get at least five hugs per day over four weeks—and record the details—became much happier than students who merely recorded their reading activity.

11 SAY YES TO SPAGHETTI In the short term, carbs boost calming tryptophan in the blood and feel-good serotonin in the brain. And a recent Australian study reported that low-fat, high-carb dieters were happier over the long run than the high-fat, low-carb set.

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THIS MONTH'S GOAL...

Take a deep breath

MARCH 2010

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88 Spice Up Your Beauty
94 Power Snacks

News flash: Winter's almost on its way out. After months of being sealed up inside, it's time to throw open the windows. Why? Because your indoor environment isn't as fresh as you think. The EPA reports that the air quality inside (where you spend about 90 percent of your time) can be worse than it is outside. Sure, energy efficiency is key to sustainable living, but so is breathing cleaner air—indoors and out.

BY **TERRI TRESPICIO**

photograph by Paul Paper

LOST IN SPAIN

Often, a truly transformative moment finds you when you don't know where you are. With a young child in tow and a marriage run off course, Lucy McCauley goes in search of answers along an ancient pilgrims' path and rediscovers what matters most.

I FIRST LEARNED ABOUT the Camino de Santiago in the early 1980s, when I spent my junior year of college studying in Seville. Religious pilgrims have been traveling this path since medieval times, making their way on foot from points in France and northeastern Spain to the town of Santiago de Compostela, one of the holiest places of Catholicism, in the Spanish province of Galicia. The devout believe the remains of Saint James, the first apostle martyred for his faith, were found there, and an enormous Romanesque cathedral towers over his grave site. But today people also make the journey purely for the beauty and challenge of the hike—and for reasons that are less religious than spiritual.

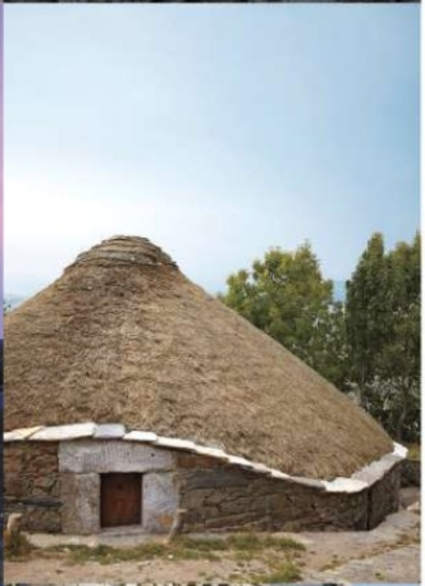
As a student, I dreamed about the adventures I might have along the Camino, lost in my thoughts amid its velvet green hillsides. I promised myself I would do it someday, after I'd graduated and sorted out who I was going to be. Twenty-two years later, in 2004, after a failed early marriage, several jobs, a second marriage, and the birth of my daughter, Hannah, I finally made my way to northern Spain. I went because that second marriage was unraveling, and I was hoping that the act of putting one foot in front of the other, for miles and days on end, might ground me, that maybe the journey itself would offer some direction.

We never quite know when a seam might open up beneath us. Sometimes the very things we want exact a price we could never have predicted. When my second husband and I married in December 1999, I moved—from my home in Boston and my close circle of friends—to Dallas, where my husband's job had brought him a decade before. Suddenly our long-distance romance became an up-close marriage—and the fissures began to show.

At 38, I wanted more than anything to have a baby. My husband, nine years older than I was, felt ambivalent about becoming a father, but I was so blinded by my own longing that I ignored his concerns. When I couldn't get pregnant, we launched into the expense and stress of fertility treatments.

Left to right, top to bottom: A shop at the sanctuary of the Virgen del Camino, just outside León; a rainbow illuminates the village of Pedrafita do Cebreiro; a scallop shell, the symbol of Camino de Santiago pilgrims, on the wall of the Basílica de San Isidoro in León; the medieval bridge in Hospital de Órbigo; a group gathers to enjoy the sunset in the coastal village of Fisterra; a *palloza,* a circular stone dwelling with a thatched roof, in Pedrafita do Cebreiro; rocky cliffs frame the beaches of Fisterra; a plate of *camarónes* at a restaurant in Santiago de Compostela; architect Antoni Gaudí's famous Palacio Episcopal in Astorga.

+ BY **LUCY MCCAULEY** PHOTOGRAPHS BY **JOHN KERNICK** ILLUSTRATIONS BY **RODERICK MILLS**



POINTS ALONG THE CAMINO DE SANTIAGO

1

LEÓN

For nightlife and dancing, visit the bustling Plaza del Grano in Barro Húmedo.

2

HOSPITAL DE ÓRBIGO

Despite countless floods, a multiarched 13th-century bridge, Puente de Órbigo, still stands just west of León.

3

ASTORGA

Many consider modernist architect Antoni Gaudí's Palacio Episcopal to be the inspiration for the Disney castle.

4

PONFERRADA

Flan, a traditional Spanish custard, is served up at the Doce Torres restaurant.

5

PEDRAFITA DO CEBREIRO

The verdant hills of the Spanish countryside along the Camino offer spectacular views.

Thankfully, when Hannah was born in February 2003, Charles was attentive and gentle; he found endless stamina for tending to our daughter. But by that time we had withdrawn from each other. I was resentful over the move to Dallas, where I felt lonely and unmoored. He was wounded that I'd never acknowledged his complicated feelings about parenthood. Hostility brewed as we stumbled through our first sleep-deprived year as parents. By Hannah's first birthday, we'd separated, and I returned home to Boston, where I booked my long-anticipated trip to Spain.

I would finally walk the pilgrims' trail, though I wouldn't follow the entire 500-mile Camino with 18-month-old Hannah; instead I'd do a mini-journey along sections of the path.

OUR STARTING POINT WAS LEÓN, a major stop two-thirds of the way along the Camino. That first morning we started for the town of Virgen del Camino, four miles away. But halfway there I turned around, having already walked three hours and facing three back. Hannah had set out pushing her own stroller and cheerfully singing "Old MacDonald," her close crop of light-brown hair bobbing along. As the day wore on, I pushed her from one scallop-shell marker to the next along a dirt-and-grass path. Other pilgrims easily overtook us, and we exchanged greetings, Hannah calling out *"Adiós!"* in her slurred baby-speak to a biker with the pilgrims' scallop-shell symbol (long associated with Saint James, who is often depicted wearing one) sewn on his saddlebag; a fit Danish woman in her 50s; British parents with their teenage daughter, who looked utterly miserable dragging herself behind them.

I knew how she felt. I had expected transporting scenery, but this leg of the trail skirted the highway and passed dusty, run-down villages. Somehow, even that first day, I thought I'd be struck by a moment of insight. But the only certain message was that I'd been naïve to think traveling with a child would allow time for introspection: How could I become lost in my thoughts while changing diapers and doling out snacks?

On our way back, we stopped at a little playground. Two old Spanish women smiled at Hannah from the bench where they sat. *"Guapo!"* they called—"handsome boy!"—a mistake people often made because of her short hair. Soon they began to fire questions at me in Spanish. What was I doing in Spain? And where, they wanted to know, was my husband? (Spaniards get right to the point.) "We're separated," I said simply, to which they shook their heads. *"Qué lástima,"* one of the women sighed, looking at Hannah. "What a shame."

The next day we traveled by train to Santiago de Compostela, the trail's end for most pilgrims and the site on which Saint James's remains were supposedly found. But I'd plotted a different end for our journey: Fisterra, a coastal village at the northwestern tip of Spain, 50 miles away, which the ancient Celts believed was where the world ended—a notion that appealed to my searching self.

That night as Hannah slept, I cried in the darkened room of our hotel. I had called my best friend in Boston, and we'd weighed my options. Returning to Dallas still felt impossible. But how was I going to raise Hannah alone? Sharing a long-distance joint-custody arrangement seemed absurd.

The only thing that was clear to me was that I still loved my husband. He had once been my closest friend and creative collaborator. He was a wonderful father who loved his daughter fiercely. Life would be so much simpler for Hannah and me, I told my friend, if he and I got back together.

> The towering, swaying trees grew still. Who would hear my calls for help?

THE NEXT MORNING, we hiked along rolling hills, a canopy of fair-weather clouds above us. I knew I couldn't walk all the way to Fisterra. But I thought we'd go at least three miles to the town of Carballo, where we could catch a bus. We passed the usual trail markers and a few hand-lettered arrows pointing toward Fisterra. We walked by stone walls overgrown with vines, then past emerald meadows. This, I realized, was why I had come here: for this eggshell-blue-sky day and the sun's warmth on my bare arms; for this time along the Camino with my daughter.

We walked and walked, singing songs, going at our own pace. But a few hours after we'd left the center of Santiago, the terrain became rockier and narrow. Fern-laden banks stood three feet high on either side of the stony path, which was made for walking, not wheeling a stroller. Soon we found ourselves in the middle of a forest, overpowered by the pungent scent of eucalyptus mixed with mint. I pushed and pulled the stroller over roots and rocks until finally I let Hannah out to walk so I could fold the thing and lug it under my arm. And then I realized some time had gone by since I'd seen the last trail marker. Had I taken the right fork in the path back there? And the fork before that?

The towering, swaying trees suddenly grew still, as if anticipating my next move. These woods felt cut off from the world. Who would hear my calls for help? How long would it take for someone to find us?

As if sensing my distress, Hannah pulled on my hand. "Go! Go! Go!" she insisted, urging me forward—but where?

7

AGOLADA

Here, a small country church sets a quiet, pastoral scene south of Vilanova.

6

PORTOMARÍN

This lovely stone arch is one of many landmarks painstakingly moved when the site of a 12th-century village was flooded in 1960 to make way for a new dam.

8

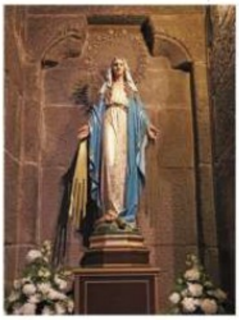
MELIDE & ARZÚA

A eucalyptus forest sits on the path from Melide to Arzúa. The plant's essential oil is said to alleviate mental exhaustion and revive the spirit.

9

SANTIAGO DE COMPOSTELA

The world-famous cathedral here was originally built as a small church over the tomb of Saint James. His remains were lost in 1700 but rediscovered in 1879.



10

FISTERRA

Ancient Celts believed this coastal village at the northwestern tip of Spain was the place where the world ended.

HOW TO GET THERE

Your best bet is to fly into Madrid and connect to Pamplona, then depart from Santiago. Hardcore pilgrims walk the Camino, but you can also bike, drive (or hire a driver), or take a bus. Accommodations along the path run the gamut, from simple, rustic pensions to luxury hotels like the Parador (paradores-spain.com) in Santiago, which offers a high-end take on 15th-century charm.

She began to squawk, and I mixed powdered milk and water into a sippy cup as I wiped away my own tears.

To calm my rising panic, I took stock of our situation. We had enough water for a full day and night. If there was a downpour, I could fashion shelter for Hannah with her stroller and my windbreaker as a tarp. And for protection—I dug through my backpack for my pointed metal nail file.

I took a deep breath and began pushing Hannah along the rocky path, retracing our steps as best I could, moving back to the last fork where I might have taken a wrong turn, then back to the fork before that. And then I saw it: a yellow scallop embedded in a large, low stone on the side of the path.

"Look, Hannah!" I yelped. "The yellow shell! Yaaaay!" "Yaaaaay!" she shouted back. I sat down beside the marker to dig out some celebratory Cheerios.

As we sat quietly eating, I noticed the silence around us. Hannah began singing softly. I held myself still, flooded by deep joy just to be with her in a forest in Spain. I thought, too, about my husband, about how I appreciated his contradictions: He was funny but also serious and capable of deeply felt emotion. Once upon a time, he'd expressed his love for me in the most beautiful words I had ever read or heard.

A FEW DAYS LATER, Hannah and I got off a bus in Fisterra. Light-green water deepened into tourmaline farther out, and sunlight diamonds dotted the surface among fishing boats. I held on to Hannah as she sat on the wall that ran along the bay, the two of us looking out from the end of the earth.

We walked into the town's *panadería* to buy fresh bread, then hiked to a lighthouse that marks the official ancient end of the pilgrims' path. We stopped at a little *capilla*, a chapel known for its miracles, and sat in its cool, candlelit sanctuary. And in my own way, I prayed—for guidance in the months to come about where to live with Hannah, about whether to go forth with the counseling that my husband had said he was now ready to begin.

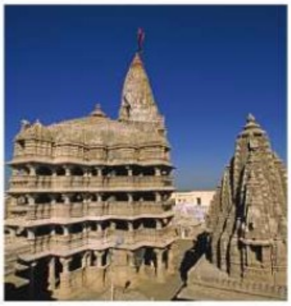
Although things would become fuzzy again in the months to come, in that chapel I had my moment of clarity after all: I wanted my family back. Perhaps I hadn't made the 500-mile journey from marker to marker, but I felt like a true pilgrim: I had journeyed to the end of the earth. And, I decided, I'd return again someday, perhaps with Hannah when she was older, when we could make the entire trip—side by side.

LUCY MCCAULEY *is a freelance writer and editor in Dallas, where she lives with Hannah and her husband, Charles.*

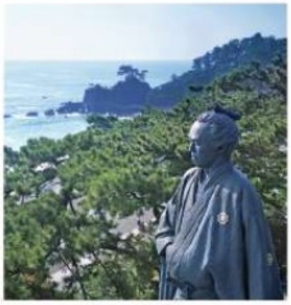
TAKE THE HIGH ROAD

Find yourself on one of these well-trodden spiritual paths.

photographs from left to right by: Martin Gray; Masanobu Hirose / Sebun Photo; Duncan McNicol; Gina Martin

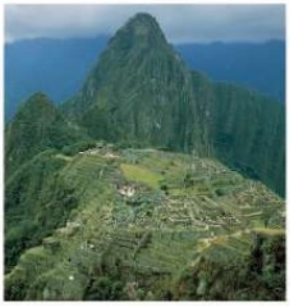


CHAR DHAM
This roughly 600-mile circuit twists through the Indian Himalayas, hitting four sacred temples that represent the major sects of modern Hinduism—starting with the Yamunotri Temple and ending with the Badrinath Temple. The official pilgrimage season is April through November, but most of the 250,000 annual visitors complete the journey before the monsoons arrive in July. *char-dham.com*



88-TEMPLE PILGRIMAGE
Looping about 750 miles around Japan's picturesque Shikoku island, this trek takes participants through Buddhist temples, some founded or restored by revered monk Kobo Daishi, and starts and ends at the Ryozen-ji Temple in Naruto City. While most present-day pilgrims move from stop to stop via bus, a brave few still complete the journey on foot. *www.jnto.go.jp*

THE RIDGEWAY
Used for thousands of years, this 87-mile path is considered Britain's oldest road. Starting at Overton Hill and ending at Ivinghoe Beacon, it passes through the fields of North Wessex Downs and the hills of the Chilterns. Highlights include the Uffington White Horse (a hillside figure made from crushed chalk some 3,000 years ago) and the circle of monoliths at Avebury. *nationaltrail.co.uk/ridgeway/*



INCA TRAIL
This 26-mile route through Peru's Andes mountains starts in the city of Cuzco and combines Incan ruins with natural wonders like snow-covered peaks and lush cloud forests. Machu Picchu, the route's final stop, is said to have originally served as the cornerstone of an Incan royal estate. *incatrailperu.com*

50 TIPS FOR A GREENER, CLEANER HOME

BY CHRISTIE MATHESON PHOTOGRAPHS BY JOHNNY MILLER

prop styling for location shots by Hilary Robertson

Now, don't stress. This is not a huge to-do list or a mandate to replace everything you own. Consider the following pages a guide for making your household a few (or 23, or—sure, if you're up to it—50) steps closer to green. "If you do just one thing, recycle," says Mindy Pennybacker, author of *Do One Green Thing: Saving the Earth Through Simple, Everyday Choices* and editor of Greenerpenny.com. "We each produce our own weight in garbage every month. But don't just think about your 'out' bin—think recyclable and recycled when bringing items into your house, too." Luckily, these products have never been easier to find—or easier on the eyes. As it's time to replace and upgrade, here are some items to cycle in, and some wasteful habits to cut out.

Kitchen

01 AVOID BPA

Some studies link the plasticizer to cancer and other health issues. Use cooking tools made from safe plastics—usually labeled #2, #4, or #5. (Bonus if recycled!) *Preserve mixing bowls, $25 for 3; preserve products.com*

02 CUT BACK ON YOUR PAPER-TOWEL HABIT

Washable viscose cloths are far more absorbent than paper; they can soak up 10 times their weight in liquid. *Super Amazing kitchen cloths, $4 for 2; traderjoes.com for stores*

03 KEEP YOUR FREEZER FULL

"Use bags of ice to fill the voids, and your freezer won't have to use as much energy to stay cold." *—Martha Stewart*

04 TOSS YOUR TEFLON

Nonstick ceramic is a healthier choice—and chicken breasts still lift right off. *Cuisinart GreenGourmet cookware, $275 for 4 pieces; vivaterra.com*

05 BYO BAG

This one balls up easily (really!) into its stretchy pocket. *24-7 shopping bag, from $7; flipandtumble.com*

06–08 SIP TAP WATER *(opposite page)* The three-gallon Ovopur has a filter (made of quartz, copper, activated carbon, and zinc) that rids water of 99 percent of metals. *Aquaovo, $650; greendepot.com*

DRINK FROM RECYCLED GLASS It takes 50 percent less energy to produce than virgin glass. These tumblers are made from old wine-bottle bottoms. *The Green Glass Co., from $38 for 4; greenglass.com*

USE CLOTH NAPKINS If everyone in the United States replaced just one package of paper napkins with cloth, we'd save one million trees. *Natsumi napkins, $30 for 2; natsumi.bigcartel.com*

photographs clockwise from top right by Raymond Hom, prop styling by Megan Hedgpeth; Johnny Miller, prop styling by Julie Ho (2); Raymond Hom, prop styling by Megan Hedgpeth

09

DUST REGULARLY
Use this 41-inch brush made of natural, harvestable ostrich feathers to make sure no surface is neglected. *$60; caldrea.com*

10

USE GLASS CONTAINERS FOR LEFTOVERS
They're safer to use in the microwave than plastic, which can leach chemicals. *Round storage bowl set, $20 for 4; crateandbarrel.com*

11

DRY ORGANICALLY
Look for dish and hand towels made from natural fabrics with low-impact dyes that are free of heavy metals. *Tea towels in teal squares and cartouche, $20 each; ploverorganic.com*

12

PICK GOOD WOOD
This bowl is made from discarded lemon-tree branches that no longer bear fruit. *Ochre bowls, from $11; ochrestore.com*

13

BE COUNTER-INTUITIVE
If you're replacing countertops, consider recycled glass over quarried stone. *From $110 per sq. foot (installed); vetrazzo.com*

14

SCRUB SUSTAINABLY
Typical polyurethane sponges don't biodegrade; the natural cellulose-and-agave Dish Dumpling does. *$4; twistclean.com for stores*

15

BUY GREEN CLEANERS

Rid your home of fumy chemicals by replacing surface, glass, toilet, and floor cleaners with plant-based brands. *Martha Stewart Clean products, $4 to $18; Home Depot stores nationwide*

16

TIP GIVE UP YOUR GARBAGE DISPOSAL **If you aren't composting food scraps (see p. 87), Kate Heyhoe, author of *Cooking Green*, says it's better to throw them in the trash than to grind them in the disposal. Food sent down the drain often winds up in the landfill after the sewage treatment plant, so save the electricity—and 2,000 gallons of water per year.**

photographs clockwise from top left by Johnny Miller, styling by Julie Ho (2); Raymond Hom, styling by Megan Hedgpeth; Johnny Miller, styling by Julie Ho; Raymond Hom, styling by Megan Hedgpeth (2); Johnny Miller

Bathroom

17

PUT CORK UNDERFOOT

The miracle material has natural antifungal properties and a soft, slip-free surface. *Gaiam All-Natural Sustainable Cork bath mat, from $24; amazon.com*

18

MAKE THE RIGHT CURTAIN CALL

Organic cotton won't off-gas VOCs, as PVC shower curtains do. (Use a vinyl-free liner, too.) *Organic Color-Block curtains, $49 each; westelm.com*

19

GET A LIFETIME BRUSH

The Source toothbrush has a sturdy handle made of recycled dollar bills, flax, or wood, and a replaceable plastic head. *$7 each; radiustoothbrush.com*

20

CONSERVE H2O Evolve's Roadrunner low-flow showerhead saves about eight gallons per five-minute shower. The water slows to a trickle when it's fully heated, letting you know it's time to step in and pull the tab for a full-strength spray. *From $40; evolveshowerheads.com*

21

TIP WRAP IT UP "Cover your hot-water heater with an inexpensive insulating blanket," suggests former Vice President Al Gore, whose latest book is *Our Choice: A Plan to Solve the Climate Crisis*. The blankets generally cost $10 to $20 at hardware stores and can reduce heat loss by up to 45 percent.

22

GO BIODEGRADABLE

EcoGen's unique bath accessories are made from a polymer called PHBV that can completely decompose in six to nine months. *From $6; containerstore.com*

23

TWEAK YOUR TOILET

"If you don't have a low-flow toilet, place a half-gallon jug filled with water in the tank. Simply displacing the water could save a family more than 4,000 gallons a year."

–Thomas Kostigen, author of The Green Blue Book

24

SAVE FACE

Use organic cotton balls free of chlorine bleach. *Organic Essentials, $4 for 80; drugstore.com*

photographs clockwise from top left by Raymond Hom, prop styling by Megan Hedgpeth; Johnny Miller, prop styling by Julie Ho (2); Raymond Hom, prop styling by Megan Hedgpeth; Johnny Miller, prop styling by Julie Ho; Raymond Hom

25

SLEEP SOUNDLY

When it's time for a new mattress, look for organic cotton and a fire barrier made of wool—not chemicals. *Naturally Organic, $1,421 (queen size); thecleanbedroom.com*

26

THINK BEYOND THE BULB

Consider screwing your CFLs into lamps made of sustainable or recycled material. *Amoz OV-UQ 004 LM lamp, $500; mudesignliving.com*

27

DRAW THE CURTAINS "The average person can save 25 percent on heat in the winter and air-conditioning in the summer just by using the added insulation of window shades." *–Thomas Kostigen*

28

FOCUS ON THE DETAILS

Redecorate sustainably. Replacing accessories can make as big a visual impact as new furniture. *Cushions, from $125 each; looolotextiles.com*

29

TIP

GET SMART ABOUT ELECTRICITY

You probably already know you can save energy by plugging chargers and other "vampire" electronics into a power strip with an on/off switch. But how often do you remember to flip that switch? Mindy Pennybacker recommends buying a Smart Strip (about $30; amazon.com) that turns itself off when it senses that appliances are idle.

30

DON'T FORGET FIDO

Keep dozens of soda bottles out of the landfill by letting your dog sleep on a bed made of 85 percent recycled plastic. *Eco Nap, from $28; ecosumo.com*

photographs clockwise from top left by courtesy of Naturally Organic; Raymond Horn, prop styling by Megan Hedgpeth (3)

31

SLIP INTO NATURAL BEDDING

You spend one-third of your life in bed. Why not make sure the bedding is 100 percent organically grown cotton? *PureDKNY Pure Comfort quilt in Air, $170, and block-print pillowcase, $60 for 2; donnakaranhome.com*

32–33

PULL UP A (RECYCLED) SEAT

Pottery Barn's new lightweight desk chair is both stunning and made of 100 percent recycled aluminum. *$299; potterybarn.com*

USE A LOW-IMPACT LAPTOP

They burn less energy than desktops. The Energy Star–certified MacBook Air has less mercury, arsenic, and PVC than other laptops and comes in a recyclable casing. *$1,499; apple.com*

34

RECLAIM CLUTTER
Look for shelving made from pieces of reclaimed wood. *Gallery leaning shelf in Natural Steel, $379; roomandboard.com*

35

BUY JUST ONE CALENDAR. FOREVER.
Instead of going through a page per month, try a perpetual calendar. The Futuro includes a combination of paper inserts that will work for any year. *Pieter Woudt for Kikkerland, $32; amazon.com*

36

CARPET WISELY
FLOR's 19.7-inch tiles are recyclable and easy to replace if badly stained. *Martha Stewart Floor Designs Needlepoint stripe in Laurel, $13 each; flor.com*

37

INVEST IN QUALITY FURNITURE
Q Collections' entire sophisticated line is constructed using FSC-certified wood with zero-VOC finishes and upholstery colored with low-impact dyes. *Jesse club chair, $7,278; 212-529-1400*

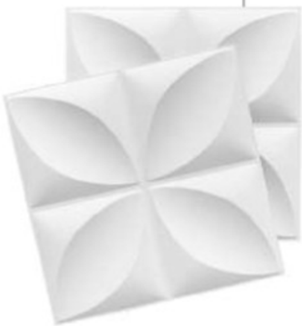
38

SEAL IT
"Use safe sealant* on your particle-board furniture to help keep the toxins from off-gassing."
—Maggie Wood, green-design consultant

**Try AFM Safecoat Safe Seal, $15 for 32 ounces; green-living.com*

39

HIT THE WALL
Conventional wallpaper often contains PVC; Chrysalis Wall Flats, made from renewable bamboo pulp, don't. They're paintable and stick with adhesive. *$86 for 10 18-inch tiles; inhabitliving.com*



40

TIP FILE DIGITALLY Save trees (and your sanity) by keeping important records electronically: Just make sure they're backed up on a hard drive. If there are some files you simply must print out, conserve paper by using both sides.

photographs from left to right by Raymond Hom (3); chair courtesy of Q Collections; Johnny Miller, prop styling by Julie Ho

Kids' Stuff

41

PASS UP TOXIC TOYS
Sprig's Eco-Trucks are made from recycled wood and reclaimed plastic. *Dump truck, $15; sprigtoys.com*

42

PICK FURNITURE THAT GROWS WITH THEM
Stokke's Tripp Trapp classic chair goes from baby to teen. *$250; giggle.com*

43

GO SOLAR
Let the Sun Jar charge on the windowsill all day, and it can glow for hours as a night-light. *Suck UK, $40; perpetualkid.com*

44

PLAY GREEN A dollhouse with a windmill, solar panels, a rain barrel, and recycling bins starts eco-habits early. *Green dollhouse, $240; plantoysusa.com*

45

PACK WASTE-FREE LUNCHES Everything in Kids Konserve's kit—from cloth napkin to sandwich wrap to stainless-steel containers—can be used again and again. *$42; store.kidskonserve.com*

Yard

46

AIR-DRY

"As often as possible, hang your laundry on a line outside or a rack inside, instead of using a dryer. You'll save 4.4 pounds of carbon per load."
—Mindy Pennybacker

47

USE A PUSH-MOWER

No fuel, no emissions, no blaring roar—and today's models are way better than Grandpa's. *RazorCut 38, $249; eco mowers.com*

49

GO POLY-WOOD!
It looks like wood but is really 100 percent recycled plastic. *Traditional dining chair, $319 for 2; stonecrest furniture.com*

48

TIP LOSE YOUR SHOES **Wiping your feet on a doormat before you step inside is good, but removing your sneakers altogether is even better. "So many studies show that we bring dangerous pesticides and chemicals into our homes on our feet," says Sarah Beatty, founder and president of the Green Depot. "Taking off your shoes is one of the simplest and most important things anyone can do."**

photograph of Kids Konserve kit by Johnny Miller, styling by Julie Ho; photograph of chair by Raymond Hom; all other photographs courtesy of respective companies

50

COMPOST YOUR FOOD SCRAPS

This cedar composter beautifully handles kitchen and yard waste. *Valentina (shown painted), $300; priscillawoolworth.com*

1 *Open the top lid, and completely cover the chicken-wire shelf inside with shredded newspaper.*
2 *Cover that newspaper layer with a layer of soil.*

3 *Add a layer of food scraps (things like produce, crushed egg shells, and coffee grounds). To avoid smells, also add some lawn clippings, leaves, or cardboard.*

4 *Turn with a hand rake once a week.*
5 *Over six to nine months, the items will rot and the compost will filter to the bottom. Lift the lower gate to retrieve.*

B+S ONLINE
For more ways to green your home, go to **wholeliving.com/green-home.**

Add exotic flavor to your skin-care routine

spice up your beauty

Spices have a long history of being traded and used as medicine or even as a way to communicate with the gods. Now, they're mostly known for ***flavoring your curry or cappuccino.*** But many of these fragrant botanicals are also ***powerful antioxidants*** that can help prevent premature aging and damage to the skin.

BY OLESSA PINDAK
PHOTOGRAPHS BY RAYMOND HOM

prop styling by Tanya Graff

Fennel

natural properties

Fennel is especially good for sensitive skin; it decreases redness and irritation and can help minimize sensitivity caused by sun exposure, says dermatologist Leslie Baumann of Miami Beach, Florida.

---

find it in:

(1) Crabtree & Evelyn Naturals Toning Shower and Bath Gel, in Mint, Fennel, and Ivy, tightens. *$18; crabtree-evelyn.com*

(2) Lather Gentle Eye Makeup Remover delicately cleanses. *$14; lather.com*

(3) REN Calendula and Arctic Berry Ultracalm Cleansing Milk is a soothing wash. *$32; renskincare.com*

(4) Dr. Hauschka Eye Solace reduces puffiness. *$33 for 10 treatments; drhauschka.com*

clove

natural properties

Clove oil has traditionally been used by dentists as a numbing agent. Applied to skin, it has antimicrobial properties that make it an effective cleanser, says Valori Treloar, a board-certified dermatologist in Wellesley, Massachusetts. The inviting scent is another bonus.

find it in:

(1) Burt's Bees Medicated Lip Balm soothes. *$4; burtsbees.com*

(2) Origins Organics Nourishing Face Lotion softens. *$43; origins.com*

(3) Kiss My Face Early to Bed Shower and Bath Gel is relaxing. *$11; drugstore.com*

(4) Pangea Organics Malagasy Cinnamon Cassia with Cloves Bar Soap warms skin. *$7; pangeaorganics.com*

pepper

natural properties

Pepper is a star performer in scrubs and massage oils because of its talent for increasing blood flow and circulation.

---

find it in:

(1) Molton Brown Re-Charge Black Pepper Bodyscrub Bar exfoliates with cracked peppercorns. *$22; moltonbrown.com*

(2) Bliss Blood Orange + White Pepper Sugar Scrub is a stimulating pick-me-up. *$36; blissworld.com*

(3) Tisserand Aromatherapy Detox Body Massage Oil helps relax the muscles. *$18; tisserandusa.com*

(4) Pattern Black Pepper Body Wash has a blend of pepper and ylang-ylang. *$20; patternbodywash.com*

turmeric

natural properties

Turmeric's active ingredient is curcumin, which has potential anti-cancer properties, according to recent studies (in cultures, not yet on human skin): It causes damaged cells to self-destruct more readily, Valori Treloar says.

find it in:

(1) DDF Advanced Firming Cream contains a high level of turmeric and vitamins B3, B5, and E. *$130; sephora.com*

(2) Jurlique Moisture Replenishing Mask boasts hydrating honey. *$45; jurlique.com*

(3) Clinique Even Better Clinical Dark Spot Corrector helps treat and prevent dark spots. *$50; clinique.com*

(4) Ole Henriksen Visual Truth Eye Crème repairs delicate skin. *$45; olehenriksen.com*

cinnamon

natural properties

Cinnamon warms skin when applied, so it's often found in soaks and rubs. (Be aware that it can irritate sensitive skin.)

find it in:

(1) Korres Cinnamon & Echinacea Cream Gel balances oily skin. *$25; korres.com*

(2) Badger Sore Muscle Rub Extra Strength soothes sore, tired muscles. *$13; badgerbalm.com*

(3) Rain Africa Savannah Bath Salts, with cinnamon and lemon oils, is a warming soak. *$25; beautorium.com*

(4) Aveda Lip Saver SPF 15 blends cinnamon with carrot, clove, and anise for flavor. *$9; aveda.com*

power snacks

Healthy ways to fulfill every gut impulse—creamy and crunchy, in the kitchen and on the go.

RECIPES BY **SARAH CAREY** PHOTOGRAPHS BY **DITTE ISAGER**

prop styling by Christine Rudolph

1 / banana, berry, and buttermilk Popsicles
(opposite page) Purée 1½ cups low-fat buttermilk, 1 banana, 1½ cups fresh or frozen berries, and ¼ cup honey or agave syrup in a blender until smooth. Pour mixture into Popsicle molds and freeze. Makes 10 pops (75 calories each).

2 / pickles and cheese
Combine 1 ounce cheddar cheese and 2 pickles, or 1 ounce cheddar cheese and 2 teaspoons jam on crackers. Try aged cheddar with golden plum, apricot, or peach jam. Serves 1 (cheddar and pickles, 160 calories; cheddar and jam, 146, plus crackers).

Tip: Look to your leftovers for satisfying snacks, but watch the portion sizes. That means 1 ounce cheese; 2 to 3 ounces meat or fish; 3 or 4 pieces dried fruit; or 1/4 cup, give or take, of nuts.

1

2

3

4

1 / savory yogurt dip Season 1/4 cup low-fat yogurt with salt, pepper, 1/2 teaspoon lemon juice, 1 tablespoon chopped fresh herbs (dill, basil, cilantro) or a few pinches of dried oregano, and 1/4 teaspoon lemon zest. Serve with raw vegetables. Serves 1 (40 calories, plus veggies).

2 / tropical fruit parfait In a small jar, layer 1/2 cup fruit cut into 1/2-inch cubes (kiwis, mangos, and pineapples are nice) with 1/4 cup plain low-fat yogurt. Top with 1 tablespoon toasted sliced almonds. Serves 1 (100 calories).

3 / chickpea dip In a food processor, pulse together 1 cup cooked chickpeas with salt, pepper, and 2 tablespoons olive oil until roughly combined. Pulse in 3 tablespoons fresh cilantro and serve with crackers. Makes 1 cup; serves 4 (131 calories each, plus crackers).

4 / split-pea crisps Soak 1 cup dried yellow split peas in 3 cups water for 4 1/2 hours. Drain and pat dry. Over medium-high heat, coat a large skillet with oil. Add half the peas; cook, stirring frequently, until golden brown and crunchy, 6 to 10 minutes. Season with salt. Repeat with remaining peas. Serves 12 (55 calories each).

5 / the perfect hard-boiled egg Cover eggs with cold water by 1 inch. Bring water to a boil. Cover and remove from heat. Let stand 13 minutes. Drain and run under cold water. (To spice it up, cut the egg in half and top with a dash of salt mixed with paprika; pepper and lemon zest; or chili flakes.) 1 large egg is 1 serving (78 calories).

1 / greek yogurt, cinnamon, and honey Spoon ¼ cup nonfat Greek yogurt over whole-wheat bread. Drizzle with 1 teaspoon honey and a sprinkle of cinnamon. Serves 1 (120 calories).

Tip: Snack on a mix of complex carbs and protein— a combo that metabolizes slowly, giving you more energy over time.

2 / pear and almond butter Spread 1 slice whole-grain bread with 4 teaspoons almond butter (pears and almonds are a classic combo, but peanut butter also works). Top with thinly sliced pear. Serves 1 (217 calories).

3 / ricotta, herbs, and cucumber Stir 1 tablespoon chopped fresh basil, parsley, or dill into ¼ cup low-fat ricotta cheese. Season with salt, pepper, and lemon juice. Spread on toast; top with cucumber. Serves 1 (136 calories).

1 / savory sweet potato
Prepare a dipping sauce with 1 teaspoon soy sauce and 1 teaspoon sambal oelek (a spicy Asian chili-based sauce). Serve with a baked sweet potato. Serves 1 (100 calories).

B+S ONLINE For 30 more healthy snack recipes, go to **wholeliving.com/power-snacks.**

Tip: Even if you're pressed for time, you can still snack smart. Skip vending-machine fare and pick wasabi peas, dehydrated soybeans, or carrot sticks with hummus, baba ghanoush, or caponata.

2 / avocado and lime Halve or quarter a small avocado and remove pit. Drizzle with 1 teaspoon of your highest-quality olive oil and sprinkle with coarse salt and fresh pepper to taste. Spark with a squeeze of fresh lime. Serves 1 (361 calories).

3 / cherry tomato and feta salad Halve 3 ounces of cherry tomatoes and mix with 1 ounce crumbled low-fat feta cheese. Dress with 1 teaspoon balsamic vinegar and 1 teaspoon olive oil; season with salt and pepper to taste. Sprinkle with fresh oregano. Serves 1 (108 calories).

4 / mustard chicken with apples Serve 3 ounces cooked chicken breast (turkey or lean pork work well, too) with ½ small Granny Smith apple and 2 teaspoons good whole-grain mustard. Serves 1 (185 calories).

5 / tuna and white beans Mix 2 ounces drained, water-packed tuna with 3 tablespoons cooked white beans. Top with a simple dressing of 1 teaspoon olive oil, ¼ teaspoon coarse salt, pepper, and 1 to 2 teaspoons lemon juice. Serves 1 (172 calories).

All calories are approximate.

Your Health

photograph by Visions of America/Joe Sohm/GettyImages

B+S INVESTIGATES

Taking the Heat

Should you ever do a sweat lodge? What about saunas or steam? After three deaths in Arizona, Corrie Pikul cools down the controversy with the real pros and cons.

To the heat-abhorrent, the idea of chanting for hours at temperatures around 120°F may sound like torture. But last October, 64 people eagerly crowded into a sweat lodge at the Angel Valley Retreat Center in Sedona, Arizona, most having paid more than $9,000 to attend a five-day "Spiritual Warrior" retreat. Although the leader, multimillionaire speaker James Arthur Ray, promised to help his followers break through "self-imposed and conditioned borders," it seems that in the sweat lodge at least, he pushed some of them too far. Twenty-one were taken to the hospital. Three died.

The incident prompted much soul-searching among spiritual seekers and raised questions about greedy gurus, the co-opting of Native American traditions, and the safety of high-heat treatments, even at spas and gyms.

The Lakota word for a sweat lodge, *inipi*, means "the place where you renew your spirit or life" and has always referred to a sacred practice, according to Raymond Bucko, Ph.D., an anthropology professor at Creighton University in Nebraska and author of *The Lakota Ritual of the Sweat Lodge.* In a typical Native American sweat lodge, a tribal elder (or someone with extensive training) pours water over fire-heated lava rocks, causing steam to fill the womblike space—usually a wooden dome-shaped structure supported by poles and covered with tarps or blankets. The group may

sing, pray, or meditate while the leader heats the lodge in "rounds" of escalating temperature, opening the door at regular intervals so participants can cool off.

Although a sweat in a lodge the size of Ray's might include up to 12 people, in Sedona he packed more than five times that number into a 415-square-foot dome covered with tarps. Survivors say he kept them inside despite obvious signs of distress. When people started vomiting, Ray, who as of press time is under investigation for homicide, explained they were purging the body of what it did not need and urged them to persevere, according to one participant's account.

"Native Americans I've sweated with would never consider it an endurance contest," Bucko says, adding that no traditional-sweat-lodge leader would shame people into staying inside.

Healthy or Dangerous?

Certainly, kicking back in a sauna or steam room can be relaxing. And some evidence suggests it improves cardiac function and relieves pain, although detoxification claims don't hold up. "You metabolize toxins through the liver, kidneys, and other organs—not by sweating," says Randy Wexler, M.D., M.P.H., assistant professor of clinical family medicine at Ohio State University.

The risks are more concrete. Since 1993 there have been reports of at least seven sweat-lodge deaths in "New Age knockoffs," says Alton Carroll, Ph.D., an adjunct professor of history at San Antonio College and a moderator of the Web site Newagefraud.org.

Wexler doesn't recommend sweat lodges for neophytes, although a sauna or steam room for up to 20 minutes is fine; check with your doctor first, and drink at least 16 ounces of fluids beforehand. Whatever the hot spot, if you experience cramps, rapid heart rate, headache, dizziness, confusion, agitation, irritability, nausea, or vomiting, leave—forget what the leader says. "Don't try to push past the pain for that extra enlightenment," says Flavio Gaudio, M.D., associate director of wilderness and environmental medicine at NY-Presbyterian/Weill Cornell. "Doing so could cause serious damage."

THE HERB DOC WILL SEE YOU NOW

There's still a long list of women's health problems for which conventional medicine falls short—PMS, cramps, and irritable-bowel syndrome, to name a few. Tieraona Low Dog, M.D., an herbalist and practitioner at the Arizona Center for Integrative Medicine and co-editor of the new book Integrative Women's Health, has some alternative suggestions. —Carly Bourne

peppermint

+ IRRITABLE-BOWEL SYNDROME (IBS)

For those with diarrhea-dominant IBS, enteric-coated peppermint-oil capsules may work well. **Try:** 0.2 ml taken with meals. When IBS manifests primarily with constipation, Triphala, a supplement made from three fruit extracts, can be very beneficial. **Try:** 1 to 2 grams per day. Both types of IBS benefit from increased fiber intake in the form of psyllium. **Try:** dosage indicated on package (you may want to start with one dose per day and build to three after a week or so).

chaste tree

+ PREMENSTRUAL SYNDROME (PMS)

Chaste tree (*Vitex agnus-castus*) has been found to relieve PMS-related irritability, mood swings, and headache. **Try:** 20 to 40 mg of a standardized chaste-tree extract, or 500 mg of powdered chaste tree with water each morning. Clinical trials suggest that adding calcium and magnesium supplements can also relieve PMS symptoms. **Try:** 600 mg of calcium with 200 to 300 mg of magnesium, twice a day, or increasing your dairy consumption.

lemon balm

+ ANXIETY

For occasional anxiety, L-theanine (an amino acid found in tea leaves) takes the edge off and can start working within 20 minutes. **Try:** 200 mg (in capsule form) as needed. A mix of valerian and lemon balm is another traditional treatment for anxiety, and according to Low Dog, the combo works well to make you calmer—but not foggy, the way drugs can. **Try:** Nature's Way Valerian Nighttime with Lemon Balm—one pill with breakfast, one with lunch, and one in the evening.

licorice

+ MENSTRUAL CRAMPS

"For acute cramps, ibuprofen is still one of the best medicines," Low Dog says. Taking deglycyrrhizinated licorice (DGL) chewable tablets with ibuprofen helps to protect your stomach. Low Dog also recommends daily magnesium supplements, which can help relieve cramp pain over time. **Try:** 350 to 400 mg of DGL 20 minutes before meals on the days you take ibuprofen, and 300 to 400 mg of magnesium daily. A diet high in fruit, veggies, and omega-3 fatty acids may also help.

photographs by Raymond Hom, prop styling by Megan Hedgpeth

Got (Breast) Milk? Work Out.

If breast-feeding is a mother's little helper in weight loss, it may also be your secret little robber in bone loss. Your new job as milk supplier steals around 200 mg a day from your calcium stores, affecting your bones—unless you exercise, according to new research from the American College of Sports Medicine. In a one-month study, breast-feeding mothers who worked out had a significantly smaller drop in bone-mineral density (compared to a sedentary control group) and lowered their body fat without dieting. The weekly regimen included three 45-minute bouts of weight-bearing cardio and three strength-training sessions. If you're new to working out, *Fit to Deliver* coauthor Karen Nordahl, M.D., suggests wearing ankle weights as you push the stroller: Build bone *and* bond.
—Elizabeth Barker

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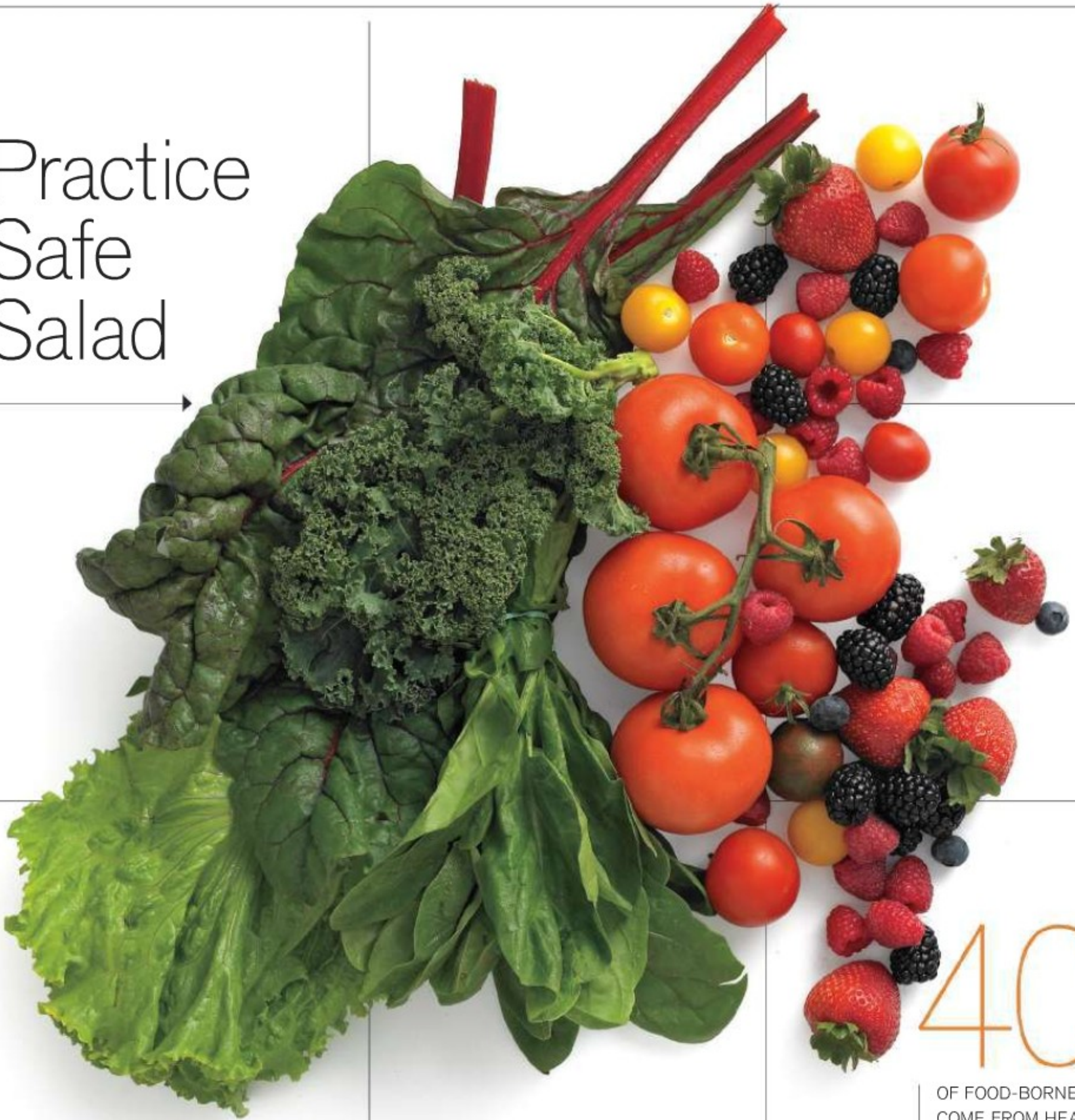

40%

OF FOOD-BORNE ILLNESSES COME FROM HEALTHY FARE LIKE SPINACH AND STRAWBERRIES.

IT MUST BE Murphy's Law, or some relative of it: Just when you get your grocery cart rolling in the right direction, the Center for Science in the Public Interest in Washington, D.C., comes out with a report that shows some of the healthiest foods in the store are the very ones most likely to trigger food poisoning. Sizing up 16 years of data, the report found that leafy greens, eggs, tuna, oysters, potatoes, cheese, sprouts, and berries, along with ice cream, accounted for nearly 40 percent of all outbreaks (think E. coli and salmonella) linked to FDA-regulated goods. How to protect yourself, beyond thoroughly washing your hands and rinsing produce? (Even if it's pre-rinsed and bagged.) Dean Cliver, Ph.D. food-safety specialist at the University of California, Davis, and Ruth Frechman, R.D., a spokesperson for the American Dietetic Association, urge you to...

+ Grab refrigerated and frozen items last when shopping.
+ Choose Grade A or AA eggs that are clean and free of cracks.
+ Store produce in a clean refrigerator at 40°F or lower. Keep eggs in the main compartment—not the door (where warm air hits first).
+ Do not eat raw sprouts.
+ Use a separate cutting board for raw meat, poultry, and seafood.

—E.B.

opposite page: photograph by Charles Gullung/GettyImages; this page: photograph by Raymond Horn, prop styling by Megan Hedgpeth

Cracking Chronic Fatigue

"Chronic fatigue" doesn't begin to describe how sick people with the syndrome actually are. The illness's signature debilitating exhaustion—along with symptoms like sore throat, insomnia, muscle pain, memory impairment, headaches, and depression—is known for derailing lives and turning energetic women into homebound patients. Worse, doctors have little idea what causes chronic fatigue syndrome (CFS), how to diagnose it, or what the best way to treat it is. And some still say, "It's all in your head." Which is why a new discovery has caused such excitement among the more than one million U.S. sufferers, mostly women in their 40s and 50s.

A study published in the journal *Science* has identified a possible culprit for CFS: XMRV, a retrovirus that, much like HIV, embeds itself in its host's genetic material and lingers in the body for life. Analyzing blood samples of more than 300 subjects, researchers found XMRV in 67 percent of CFS patients, but in only 3.7 percent of the healthy participants. The news may sound like déjà vu to anyone who remembers the Epstein-Barr days, when that virus was thought to be the cause. But according to the National Institutes of Health, XMRV may activate other latent viruses, which could explain why so many different infectious agents have been associated with CFS in the past.

More studies are needed, but if the XMRV-CFS link is confirmed, "it could pave the way for new treatment options, such as antiviral medications," says Morris Papernik, M.D., a member of the department of Health and Human Services' Chronic Fatigue Syndrome advisory committee. What to do now? Experts typically advise combining therapies to help manage specific symptoms. That might mean drugs to treat insomnia or depression, and possibly regular exercise to boost energy—tricky, because most CFS sufferers find that exertion exacerbates the symptoms. (The best approach is to avoid strength-training and slowly add in aerobic activity, Papernik says.) And mind-body practices like yoga and healing touch, as well as cognitive behavioral therapy, often improve patients' quality of life. —E.B.

ANOTHER REASON TO LOVE OLIVE OIL

An antioxidant found in extra-virgin olive oil may help fend off Alzheimer's, according to a new study from Northwestern University and the Monell Center in Philadelphia, which does research on taste and smell. The compound, oleocanthal, alters the structure of neurotoxic proteins believed to contribute to Alzheimer's—actually thwarting their ability to damage brain cells. Curiously, you won't get much oleocanthal from regular olive oil. "Extra-virgin olive oil is the good stuff," says study author Paul Breslin, Ph.D., of Monell. "The stronger the throat sting or peppery note, the more oleocanthal is in there." EVOO makes a great salad dressing, mayo substitute in sandwiches, and finishing touch on steamed veggies, adds dietitian Diane Welland, R.D., of Springfield, Virginia. —E.B.

Red, Light, and Blue

Heading for a vacation in the sun? Pack blue or red clothes. >> According to a new study in the journal *Industrial & Engineering Chemistry Research*, blue fabric offers the most sun protection, followed by red, with yellow coming in last. —C.B.

opposite page: photograph by Gemma Booth/Santucci & Co./trunkarchive.com;
this page: photographs from top to bottom: Raymond Hom, prop styling by Megan Hedgpeth; Ole Graf/Corbis

Groomed for Success

Even if you usually rely on a pro for pet primping, a little at-home maintenance is essential for a healthy, happy dog or cat. We consulted the experts for the best tools and tricks of the trade.

+ BY **CHRIS COLIN** PHOTOGRAPHS BY **RAYMOND HOM**

YOUR PET MAY NOT ALWAYS SEE IT THIS WAY, but regular grooming is just as essential to his well-being as chicken treats and belly rubs. A matted coat can lead to skin irritation, and excess shedding tends to yield those unsightly hair balls. Fortunately, according to the pros, it's not too complicated to create a salon experience at home.

NAILS

Ease your pet into a routine, says Robert Fullmer, owner of Four Wet Feet dog grooming in San Francisco. He recommends making a habit of playing with your pet's paws so she becomes accustomed to having them handled.

Swaddle: If she puts up a struggle, exude calm and wrap her in a towel, leaving one paw exposed.

Don't cut too close: To avoid clipping the quick, which contains blood vessels and nerve endings, look for where the color changes behind light-colored nails. With

prop styling by Megan Hedgpeth

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Mom, are the big name dog foods fooling us?
Pet parents are learning that the ingredients in their dog's food aren't what they thought— and they're switching to natural, holistic BLUE.
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dark nails, Fullmer says, find where the nail changes shape from triangular to more circular, and cut between the two.
Frequency: Every four weeks for sedentary dogs (longer for active dogs); two to three weeks for indoor cats.
Products: (1) Conair Nail Clipper for cats and dogs, which has a safety guard that keeps you from clipping too close. (2) Dremel 761-03 Cordless Pet Nail Grooming Rotary Tool, a good option for pets with tougher, thicker nails. (Warning: It can be loud.)

BRUSHING

Brushing removes dander and allergens and prevents matting. But do it before you bathe your pet: Tangles get worse in the bathtub.
Frequency: Breeds vary, but your pet may need more upkeep in spring, when she's shedding her heavy coat.
Products: Bristle brush (the longer the coat, the more widely spaced the bristles); the Four Paws Love Glove, a mitt with rubber tips that remove excess fur as you pet your cat or dog (ideal for smaller animals).

BATHING

Don't share your shampoo with Spot, says Michael Dym, homeopathic veterinarian of Classical Veterinary Homeopathy in New Jersey. Animals have their own pH levels, and your favorite lather may irritate his skin.
Go natural: Rule out shampoos with artificial fragrances and chemicals like sodium lauryl sulfate.
Frequency: Every month or so for dogs; longer for city dogs, who aren't rolling around in the dirt. Cats need to be given baths only if they're especially dirty.
Products: (3) TropiClean. Soap-free, 70 percent organic. (4) Earthbath. Biodegradable, phthalate-free. (5) Natural Chemistry. A less toxic alternative to most flea-and-tick removers. (Another handy flea-fighter: Dawn dishwashing liquid.)

TEETH

Dental health starts with a balanced, species-appropriate diet, along with regular toothbrushing (even for cats). To get your pet used to the idea, let him eat some pet toothpaste off your finger first. (Don't use human toothpaste, which could make him sick.) Then try rubbing his gums with your finger; when he's comfortable, try the brush. A pet finger-brush can be easier to manipulate (and seem friendlier) than the long-handled variety.
Chew on it: For most dogs, raw, meaty bones can help remove plaque.
Watch for red flags: Bad breath, red gums, or a change in eating habits could mean your pet has periodontal disease and requires a vet's attention.
Frequency: At least one to two brushings per week.
Products: (6) Oxyfresh Pet Gel cleans and deodorizes. (Try adding Oxyfresh Pet Oral Hygiene Solution to your pet's water to reduce plaque and freshen breath.)

product guide

PAGE 20

Items pictured but not listed are from private collections.

12 EDITOR'S LETTER
Herion silk jersey top in mustard, $298; 212-644-5077. Tory Burch Simone cardigan in grape, $225, and hexagonal cuff, $175; *toryburch.com.*

18 READER TO READER
PAGE 20 Gaiam Organic CleanDown standard-weight comforter in king, $369, and cotton and wool pillows, $68 each; *gaiam.com.* Jen Bekman Gallery print, "Inloveness Revisited" by Jeff Lewis, $200; *jenbekman.com.* Fluf Bloom pillow, $88; *fluf-design.com.* Humble Lattice 18" pillow in stone gray, $64; *humblecollection.com.* PureDKNY Pure Comfort sheets and pillowcases in cloud (flat, $70; fitted, $70; cases, $60 each) and blanket in thunder, $170; *donnakaranhome.com.* Area organic cotton duvet cover, $355, and shams, $70 each; *areahome.com.* Vers 1.5R radio/alarm clock for iPod in natural walnut, $199; *versaudio.com.* CB2 Logan media console, $399; *cb2.com.* West Elm braided storage bins, $29 each, and magazine basket, $49; *westelm.com.* Martha Stewart Floor Designs with FLOR Short Shag carpet tiles in bisque, $17 each; *flor.com.* VivaTerra Kiri jewelry box, $139; *vivaterra.com.* Benjamin Moore Natura paint, $50; *benjaminmoore.com.* Chloe vessel, $76; *perchdesign.com.*

78 50 TIPS FOR A GREENER, CLEANER HOME
Rachel Dormor green ceramic milk jug, $75, and Daniel Smith ceramic dish, $22; *ochrestore.com.* Moroccan tea glasses, $8 and $10; *canvashomestore.com.* **PAGE 83** Daniel Smith cup, $34; *ochrestore.com.* Canvas baby alpaca solid throw in ivory, $285; *canvashomestore.com.* **PAGE 84** Canvas Morandi jug vase, $56; *canvashomestore.com.* Georgia Tapert Living bamboo pens, $8 for three; *georgiatapertliving.com.* Rachel Dormor milk jug, $75, and cup with saucer, $88, and Daniel Smith green rimmed dish, $22; *ochrestore.com.* **PAGE 87** Ochre recycled bottle, $66; *ochrestore.com.*

94 POWER SNACKS
Norpro Ice Pop Popsicle maker, $16; *amazon.com.*

108 GROOMED FOR SUCCESS
PAGE 110 Conair nail clippers, $7 to $8; *amazon.com.* Dremel 761-03 Cordless Pet Nail Grooming rotary tool, $33; *amazon.com.* TropiClean Berry Deep Cleaning shampoo, $10; *tropiclean.net.* Earthbath Oatmeal & Aloe shampoo, $16; *earthbath.com.* Natural Chemistry De Flea Pet shampoo, $10; *naturalchemistry.com.* Oxyfresh Pet Gel, $13; *oxyfresh.com.*

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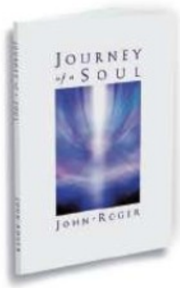

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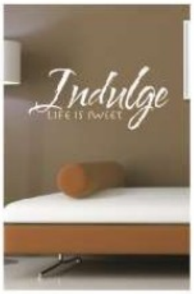

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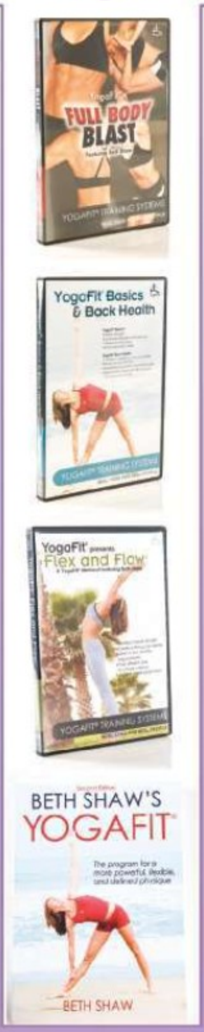

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6. Try a little less housework and a little more *sleep*.

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MARCH 2010 | BY TERRI TRESPICIO

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